NEW HBO max STREAMING SERVICE

MORE CHANNELS THAN ANY OTHER TV MAG!

21-27 MARCH 2026

TV&Satellite week

TV TO GET EXCITED ABOUT!

NEW

SATURDAY NIGHT LIVE UK

The iconic American show is given a British twist

NEW

POWER: THE DOWNFALL OF HUW EDWARDS

Martin Clunes plays the disgraced newsreader

NEW

DAREDEVIL: BORN AGAIN

The masked hero is back to save the day

NEW

The Pitt

HBO Max launches with **Noah Wyle**'s must-see medical drama

HotList This week's 28

Saturday 21

Premier League

***FOOTBALL** TNT Sports 1 & Sky Sports*

Liverpool travel to Brighton (k-o 12.30pm), former home of the Reds' Alexis Mac Allister. Later, Chelsea make their first visit to Everton's Hill Dickinson Stadium (5.30pm) and Leeds United host Brentford (8pm).

Celebrity Sabotage

***ENTERTAINMENT** ITV1, 8pm*

In what is being described as the ultimate prank, contestants are fooled into believing they are taking part in brand-new prime-time shows, while a team in 'Mission HQ' try to cause as much chaos as possible.

La Chimera

***DRAMA** BBC4, 9.20pm*

This fantastical adventure stars Josh O'Connor (most recently seen in the Knives Out mystery *Wake Up Dead Man*) as a British archaeologist involved with a gang of grave robbers. *See review, p25*

Saturday Night Live UK

***COMEDY** Sky One, 10pm*

A group of British comics including *Black Ops*' Hammed Animashaun present a look at the week's events, with US *SNL* legend Tina Fey rumoured to be the first celebrity host. *See feature, page 12*

Full listings start on **p35**

Sunday 22

Crookhaven

***FAMILY DRAMA** BBC1, 3.05pm & 3.50pm (box set, BBC iPlayer)*

This drama focuses on the adventures of a young pickpocket who is recruited for a secret school for crooks. Stars Dougray Scott and Keith Allen. *See feature, page 8*

EFL Cup Final

***FOOTBALL** ITV1, Sky One, Sky Sports Main Event & Sky Sports Football, k-o 4.30pm*

In a clash of the Premier League titans, Arsenal line up against Manchester City at Wembley – a replay of the 2018 final, which ended in a 3-0 City victory.

The Great Celebrity Bake Off for SU2C

***COOKERY** C4, 7.40pm*

The new series kicks off with six comedians who have all been in the tent before – Tom Davis, Roisin Conaty, Judi Love, Rose Matafeo, Joe Wilkinson and Jon Richardson.

The Hunt: Prey vs Predator

***REALITY** C4, 9pm*

Hunt or be hunted is the concept behind this new reality show in which contestants have to escape each other's clutches – and the roles can be flipped at any time. Continues tomorrow and Tuesday.

Full listings start on **p45**

Monday 23

Confessions of a Female Serial Killer

***DOCUMENTARY** Prime Video*

A look at the case of Joanne Dennehy (above), who embarked on a killing spree in March 2013, stabbing three men to death and seriously injuring two others.

Inside

***REALITY** Netflix*

British YouTubers The Sidemen are back for a third series of their reality show that sees 12 content creators living together and competing in challenges in a bid to get their hands on a life-changing cash prize.

Just One Thing

***FACTUAL** BBC1, 2pm (box set, BBC iPlayer)*

Zoe Ball (above), Clive Myrie and Roman Kemp continue the legacy of Michael Mosley in the return of the health-and-wellbeing series focusing on specific health benefits. Continues to Thursday.

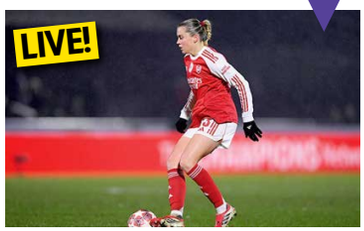
Clash of the Super Powers: America v China

***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

Examining the relationship between the two nations, which has evolved since the beginning of Donald Trump's first term.

Full listings start on **p55**

Tuesday 24



Women's Champions League

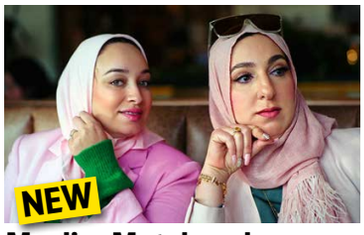
***FOOTBALL** BBC2 & Disney+, k-o 8pm*

Defending champions Arsenal take on WSL rivals Chelsea at the Emirates for tonight's quarter-final first leg, the first time they have met in this competition.

Power: The Downfall of Huw Edwards

***DRAMA** 5, 9pm*

Martin Clunes (above) stars in this feature-length drama based on factual research and first-hand interviews, about the newsreader's double life. *See feature, p11*



Muslim Matchmaker

***REALITY** BBC3, 9pm & 9.35pm (box set, BBC iPlayer)*

Professional matchmakers Hoda Abrahim and Yasmin Elhady help Muslim American clients find their perfect mate.

• *Previously shown on Disney+*

Miss Scarlet

***CRIME DRAMA** U&Alibi, 9pm (box set, Sky Box Sets, NOW & Virgin TV Box Sets)*

As the Victorian-set murder mystery returns for a sixth season, Blake (Tom Durant-Pritchard) and Eliza (Kate Phillips) are in a relationship.

Full listings start on **p65**

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Wednesday 25

Daredevil: Born Again

SUPERHERO DRAMA Disney+

As the comic-book series returns, masked vigilante Matt Murdock (Charlie Cox, above) takes a defiant stand against nemesis Wilson 'Kingpin' Fisk (Vincent D'Onofrio). *See Your Watchlist, page 14*

Bait

COMEDY Prime Video

Created by and starring Riz Ahmed (above, with co-star Guz Khan), this six-part comedy follows struggling actor Shah Latif (Ahmed), who is offered the chance to play James Bond. *See Your Watchlist, p17*

Pretty Lethal

ACTION THRILLER Prime Video

When five ballet dancers are stranded in a remote forest on their way to a competition, they come across a roadside inn run by a former ballet prodigy (Uma Thurman), and things take a dark turn...

The Comeback

COMEDY Sky Comedy, 9pm

Lisa Kudrow reprises her role of veteran actor Valerie Cherish in the final season of the mockumentary. Valerie lands a role in a new AI-written sitcom. Also showing on HBO Max from Thursday. *See feature, p6*

■ Full listings start on **p75**

Thursday 26

The Pitt

DRAMA HBO Max

Arriving on new streaming service HBO Max, this *ER*-meets-*24* series sees Noah Wyle (above) as a senior physician in a Pittsburgh hospital, with the action unfolding in real time. *See feature, page 4*

Jo Nesbø's Detective Hole

CRIME THRILLER Netflix

Scandi-noir starring Tobias Santelmann (above) as troubled detective Harry Hole, who must hunt a ritualistic serial killer during an Oslo heatwave, while battling his own demons. *See Your Watchlist, page 16*

One Battle After Another

ACTION COMEDY Sky Premiere, 10.30am & 10.20pm; also streaming on HBO Max

Critically acclaimed dark comedy starring Leonardo DiCaprio (above) as a jaded ex-radical on a mission to rescue his daughter (Chase Infiniti). *See review, page 23*

World Cup play-offs

FOOTBALL BBC1, BBC2, BBC3 & S4C, kick-offs 7.45pm

On quests to book tickets to this year's World Cup, Wales play Bosnia & Herzegovina, and Northern Ireland travel to Italy. *See Sport Week, page 28*

■ Full listings start on **p85**

Friday 27

Extraordinary Portraits with Bill Bailey

FACTUAL BBC1, 7.30pm (not Wales)

The comedian (above) returns to honour ordinary members of the public, who have their likenesses captured by artists. *See Documentaries, page 20*

England v Uruguay

FOOTBALL ITV1, kick-off 7.45pm

The Three Lions host Uruguay for a friendly game, and players such as Morgan Gibbs-White (above) will be hoping to impress Thomas Tuchel before he announces his World Cup squad.

Beyond Paradise

DRAMA BBC1, 8pm

Kris Marshall (above) returns for a fourth series, which starts with Humphrey trying to solve the murder of his favourite crime writer, whose death mirrors one of his storylines. *See feature, page 12*

Billy Idol Should Be Dead

DOCUMENTARY Sky Arts, 9pm

A no-holds-barred profile of the punk rocker (above, right), with accounts from Idol himself and interviews from fellow musicians including Miley Cyrus. *See Documentaries, page 21*

■ Full listings start on **p95**

21-27 MARCH 2026

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EXCLUSIVE!

Maximum PRESSURE

As HBO Max launches, meet the stressed doctors of **Noah Wyle**'s award-winning medical drama *The Pitt*

NEW DRAMA

The Pitt

From Thursday 26 March, HBO Max (Season 1, all episodes; Season 2, released weekly)

New streaming platform HBO Max arrives in the UK on Thursday 26 March with a star-studded slate of exciting new shows – and none of them is more eagerly awaited than award-winning medical drama *The Pitt*.

The US series stars Noah Wyle as Dr Michael 'Robby' Robinavitch, who runs the underfunded emergency department of Pittsburgh Trauma Medical Center – coined 'The Pitt' by its stressed staff. The medics must make life-or-death decisions while navigating crowded waiting rooms and run-down working conditions.

The series has already been a huge hit in the US, receiving a host of awards, including an Emmy for former *ER* actor Wyle for his portrayal of the calm-under-pressure Robby.

Each episode takes place close to real time, across an eventful hospital shift, beginning with an opening instalment that introduces us to the surgeons, nurses and student doctors as they treat a triathlete who goes into cardiac arrest and an injured woman who was pushed on to subway tracks.

Here, 54-year-old Wyle tells us more…

The medics deal with an emergency

Wyle as Robby

How did *The Pitt* come about? During the pandemic in 2020, I received mail from front-line workers telling me they were tired and overwhelmed, and I felt inadequate and without purpose. I contacted [former *ER* showrunner] John Wells and questioned if there might be another story to tell. The people we cared about so much [on *ER*] were really hurting and in need of another spotlight to talk about some of the challenges they were facing.

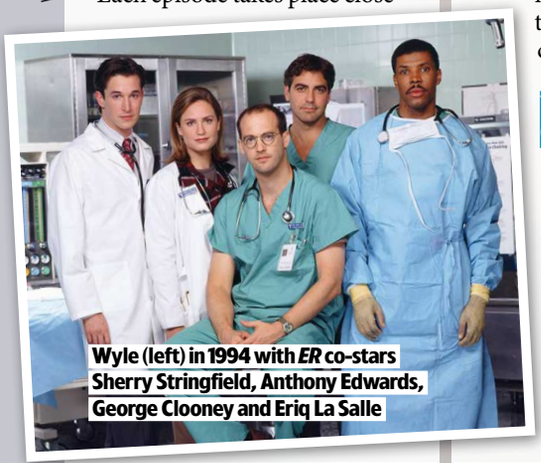
You starred as *ER*'s John Carter, who rose from being a medical student to an attending physician. What's it like playing a doctor again? Extremely familiar, especially driving through the Warner Bros complex again, which I did over 30 years ago when I was filming *ER*. To have this second experience has been really gratifying.

What's changed in the medical world since then? There are new names for lots of drugs and procedures that I had to learn over again. I had some rust to kick off and some new tricks to learn. It's not as easy now for me to lift patients on to gurneys, and I have no problem playing the fatigue!

Are patients getting worse treatment than before? Healthcare itself has got a lot worse, and the patient-doctor relationship has changed. It used to be sacred, but now there's a lot of distrust. Doctors are having a hard time getting patients to understand that they are the experts in their field. That being called into question is maddening to me.

Do you hope to shine a light on how doctors are struggling in the workplace? The toll that this career takes on practitioners is really unfair. That's why you see such high rates of alcoholism, drug addiction, divorce and suicide among the people that do this for a living. On *The Pitt*, we want to show the trials and tribulations and to increase the degree of empathy that we have for medics doing these jobs. They pick up our broken pieces and put them back together again, attending the worst day of our life for all the hours of their shift. It's a lot, and what these people do for a living is really important.

Aside from acting, you also have an extensive role behind the scenes on this series… I've been directing on the last few shows I've worked on [including alien drama *Falling Skies*] and writing has also been something I've grabbed. This is the first series that I've been a part of from its inception and I love being part of the organic DNA of this show. But I still love acting and *The Pitt* has presented some lovely challenges and opportunities for me. It's a pleasure to go to work every day.



Wyle (left) in 1994 with *ER* co-stars Sherry Stringfield, Anthony Edwards, George Clooney and Eriq La Salle

WORDS: ELAINE PENN. PHOTOS: GETTY; HBO MAX

WHO'S WHO

Dr Heather Collins
Tracy Ifeachor
The senior resident is calm under pressure, but she is also concealing a secret in her personal life.

Nurse Dana Evans
Katherine LaNasa
The no-nonsense but compassionate nurse keeps everything running smoothly, no matter what's thrown at her.

Dr Jack Abbot
Shawn Hatosy
An attending physician whose main work is on the night shift, he's close to Robby and will go the extra mile.

Dr Frank Langdon
Patrick Ball
Senior resident who is Robby's protégé. He's working through his own personal issues, which could jeopardise his role.

Dr Cassie McKay
Fiona Dourif
A skilled resident, her experiences have given her empathy when faced with patients going through similar issues.

Victoria Javadi
Shabana Azeez
The super-smart third-year medical student has a difficult relationship with her mum, who's a surgeon at the hospital.

Dr Trinity Santos
Isa Briones
An eager and confident intern beginning her residency, she doesn't hold back if she thinks something is wrong.

Dr Michael 'Robby' Robinavitch
Noah Wyle
The well-respected and highly skilled chief attending physician leads the emergency department while also battling personal demons.

HBO max

TV TO THE MAX
Turn the page for more great shows on HBO Max and everything you need to know about the new streaming service

NEW CHANNEL
HBO Max
From Thursday 26 March

The world of streaming gets an exciting addition from Thursday when new platform HBO Max launches in the UK.

As well as a raft of enticing new dramas, sci-fi, comedies and documentaries, HBO Max features an extensive library of classic TV shows – including *Succession*, *Friends* and *Game of Thrones* – plus a host of hit movies, from *Sinners* and *One Battle After Another* to the Harry Potter and The Lord of the Rings franchises.

Meanwhile, HBO Max will also include the full range of TNT Sports content and live coverage, including Premier League, FA Cup and Champions League football, cycling's Tour de France, the Australian and French Open tennis, plus Prem rugby union and much more.

Here's our guide to the new shows released alongside *The Pitt* on an unmissable launch night…

Welcome

Your essential guide to **TV's brand-new** streaming service

THE SEDUCTION

Diane Kruger stars in this sizzling French period drama which serves as a prequel to the famous 1989 movie *Dangerous Liaisons* featuring Glenn Close and John Malkovich.

The six-parter follows a young Isabelle de Merteuil (Anamaria Vartolomei) as she runs away from a convent to secretly marry the Vicomte de Valmont (Vincent Lacoste). When she wakes the next day to discover their wedding was a sham, Isabelle is shattered by Valmont's betrayal, and turns to his aunt, Madame de Rosemonde (Kruger), for help in her campaign for revenge.

The cast also includes *Emily in Paris* star Lucas Bravo as the villainous Comte de Gercourt, who sets his sights on Isabelle.

'Gercourt is mentioned in the book, but he's fairly absent, so I was given free range to make him my own,' says Bravo, 37. 'He's a party animal and a sword fighter. He's basically everything that was wrong with patriarchy back in the day, but honestly, it's a lot of fun to play such a vicious, perverted, weird character.'

WORDS: MICHAEL DARLING, HANNAH DAVIES, IAN MACEWAN, REBECCA MAHONEY STEVEN PERKINS. PHOTOS: HBO MAX

THE COMEBACK

More than a decade since its last outing, the US comedy is back for a much-anticipated third and final season which once again follows faded TV star Valerie Cherish attempting a return to the big time.

Lisa Kudrow (left) reprises her role as Valerie, who we met in 2005's debut season as she struggled to pick up acting work since finding fame in a hit 1990s sitcom. This new eight-parter finds Valerie embracing some new projects – but after signing up as the lead in a sitcom, how will she react when she discovers her new show is being written by AI?

This season features the return of Damian Young as Valerie's husband Mark, while *Sherlock*'s Andrew Scott joins the cast as studio head Brandon.

So, will Valerie's return to TV comedy be the comeback to end all comebacks? 'Valerie's still thinking that she's clever and cute, but she's 10 years older,' says Kudrow. 'Ultimately, she's still as resilient as she ever was.'

- **Also airing on Sky Comedy (Wed, 9pm)**

to HBO max

PLUS...

MEL BROOKS: THE 99 YEAR OLD MAN!

American comic Mel Brooks (right), who created *The Producers* and *Young Frankenstein*, tells his extraordinary story in this humorous yet touching two-part series about his life on and off screen. Packed with home video and a wealth of archive footage, there are also interviews with stars Ben Stiller, Adam Sandler and Jerry Seinfeld. 'This is not so much about me and my story,' says Brooks, who turns 100 in June. 'It's me saying, if I can do it – you can do it.'

PORTOBELLO

Between 1977 and 1983, variety series *Portobello* was one of the most popular shows on Italian TV and made a household name of host Enzo Tortora. However, the show's run came to an abrupt end when Tortora was arrested on suspicion of being involved with a crime gang. The scandal is dramatised in this six-part Italian-language drama, starring *My Brilliant Friend* star Fabrizio Gifuni (right). 'It was a real nightmare for Tortora,' he says. 'What would you do if the police suddenly came to your door and accused you of the same things?'

LIKE WATER FOR CHOCOLATE

Laura Esquivel's bestselling 1989 novel about star-crossed young lovers has been adapted into a Spanish-language series, executive produced by Oscar-nominee Salma Hayek. Set during the Mexican revolution, the saga follows Tita (Azul Guaita), who cannot marry her beloved Pedro (Andres Baida) as tradition dictates she must look after her mother until she dies. 'It's about a woman who struggles to control her destiny,' says Hayek. 'It's also about change – in the country and in the family.'

COMING SOON...

Later in the year, HBO Max will bring us superhero series *Lanterns*, starring Aaron Pierre and Kyle Chandler as a rookie intergalactic peacekeeper and his mentor, plus *Stuart Fails to Save the Universe*, a *The Big Bang Theory* spin-off featuring Kevin Sussman as comic-book-store owner Stuart Bloom.

There will also be new comedies from Larry David and Sharon Horgan, the second season of *A Knight of the Seven Kingdoms* and the fourth season of *The White Lotus*.

Most exciting of all, the highly anticipated Harry Potter series, starring newcomer Dominic McLaughlin (left) and John Lithgow, will come to the platform next year for some spellbinding adventures.

HOW TO WATCH

You can begin streaming all HBO Max content from Thursday 26 March direct from hbomax.com or launch partners Sky and Prime Video, with four entertainment plans to choose from, starting from £4.99 a month. For more information, visit hbomax.com.

Pre-existing TNT Sports customers will also move from Discovery+ to HBO Max on Thursday with an unchanged price plan of £30.99 a month, while a new TNT Sports package can either be purchased stand-alone or in addition to one of the HBO Max entertainment plans.

New Sky customers will be able to get HBO Max, Disney+, Netflix and Hayu as part of Sky Ultimate TV from £24 a month, with other packages available for existing Sky customers. For more information, visit sky.com.

Classroom CROOKS

Young criminals use their **shady skills for the greater good** in a family adventure

NEW DRAMA

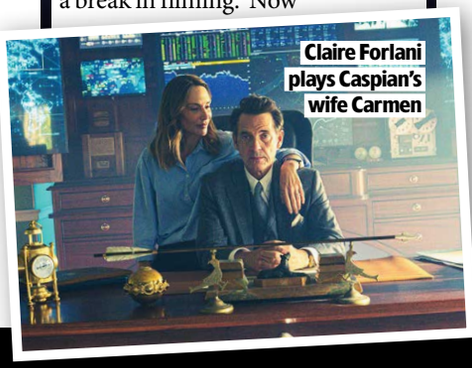
Crookhaven

Sunday, 3.05pm & 3.50pm, BBC1 (box set, BBC iPlayer)

When *TV&Satellite Week* is invited on the Northern Ireland set of BBC1's new Sunday-afternoon adventure drama, it soon becomes clear that Crookhaven school is no ordinary academy – from its high-tech computer-hacking classroom to a dormitory with a two-way mirror…

Based on the novels by JJ Arcanjo, the eight-part series follows Gabriel Avery (Lucas Leach), a teenage pickpocket who steals to help his grandmother Sue (Julie Hesmondhalgh) fund their hand-to-mouth existence. His skills haven't gone unnoticed in the wider world, and one day he receives a cryptic message that draws him to Crookhaven, where young 'Crooklings' are steered away from criminal endeavours and taught to use their skills for the greater good instead.

'Gabriel has had these talents his whole life, but he's only been able to use them in ways that are morally ambiguous,' Leach tells us during a break in filming. 'Now he's presented with a chance to change his life, and make a future for him and his grandmother, who is the core reason for everything he does.'



Claire Forlani plays Caspian's wife Carmen

Gabriel is initially cynical of Crookhaven and its mercurial headteacher, Caspian Lockett (Dougray Scott), but fellow student and gifted forger Penelope (Carmel Laniado), who is Caspian's daughter, is appalled that he would turn down the opportunity of a lifetime.

'Gabriel and Penelope both feel things intensely, but they're opposites in terms of their upbringing and family history,' says Leach. 'There's a rivalry there, and it's like the more you consider someone a worthy opponent, the more you want to rise to their challenges.'

This is the first leading role for Leach, who was working in a clothes shop on London's Carnaby Street when he found out he'd won the part. He immediately got to work practising the skills he would need to portray an expert thief.

'Gabriel has this lucky 2p coin, which he does amazing things with because he's so manually dextrous,' says Leach. 'I was working behind the till, with a load of 2ps, learning the coin moves that you will see in the show, for hours and hours. My colleagues were going insane!'

BIG-TOP TRAINING

Before filming, Leach and his fellow actors playing the Crooklings were sent to a circus skills boot camp, to help them get to grips with the physical elements of the show. 'That was so much fun,' he recalls. 'I also had a session with a magician, who taught me loads of sleight-of-hand

WORDS: ELAINE PENN, STEVEN PERKINS. PHOTOS: BBC, ITV

The students (from left) Gabriel, Jia, Penelope, Amira, Ade and Ede with head teacher Caspian

Gabriel with fellow students Jia, Ede and Ade

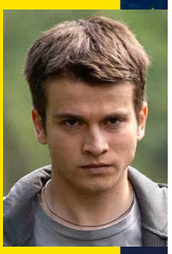
things for pickpocketing, which was terrific.'

As the series progresses, it's clear that Caspian has a keen interest in Gabriel's continued progress at the school, though his motives remain a mystery to begin with. Behind the camera, however, Leach found Scott to be an inspiringly dynamic scene partner.

'Caspian is really intelligent and quite manipulative, and he's one of the only people who understands Gabriel,' says Leach. 'Dougray's great, because he kept an essence of his character even when weren't shooting, so there was always something to work off. It's amazing.'

WHO'S WHO IN *CROOKHAVEN*

Gabriel
Lucas Leach

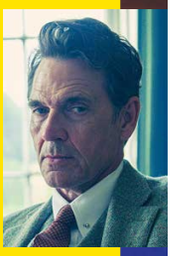


A pickpocket with a smart mouth and an independent streak who'll do anything to give his grandma a better life.

Sue
Julie Hesmondhalgh

Gabriel's grandma will go without food so he can eat, and is thrilled when he gets a place at Crookhaven.

Caspian Lockett
Dougray Scott

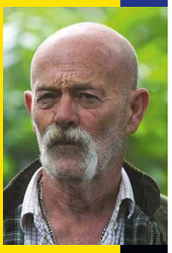


The head teacher believes in the values of his school, and is good at manipulating those around him.

Penelope Lockett
Carmel Laniado

Caspian's outspoken daughter feels enormous pressure to live up to her family name.

Erasmus Sisman
Keith Allen



The no-nonsense head of security at Crookhaven is fiercely loyal to the school and Caspian.

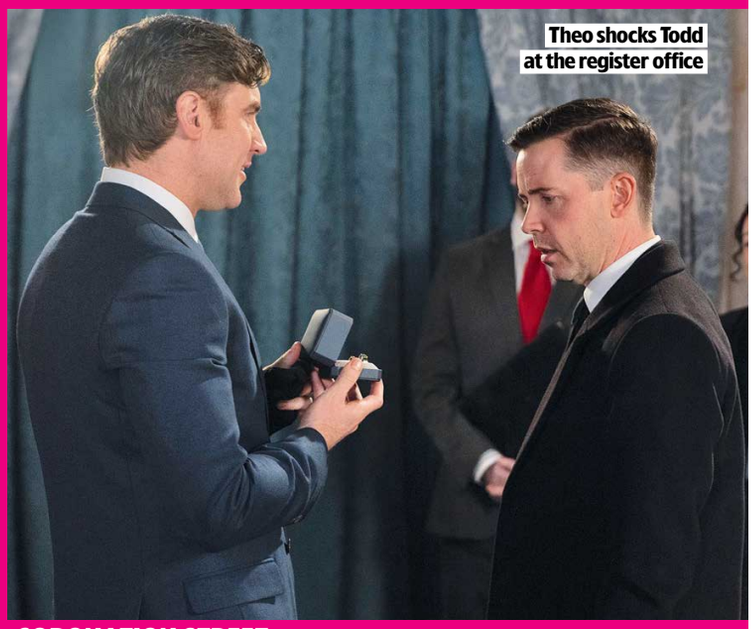
Whisper
Genesis Lynea

The sassy teacher is a hacker and specialises in Cyber Intrusion. She suspects Caspian of a hidden agenda.

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance


Theo shocks Todd at the register office

CORONATION STREET

Till death us do part?

» **Todd thought he'd** found the man of his dreams in Theo. But as time went on, his fiancé showed his true colours.

Despite ending the abusive relationship, Todd's still unable to escape Theo's control. Awaking groggy and confused, he's horrified that he's missed the marathon, while Theo lies to their friends about his whereabouts, knowing full well that the drugs he'd slipped into Todd's drink were to blame.

George hears Theo's abuse

Yet, in spite of Theo's cruelty, Todd's reeled back in by him, despite George's misgivings. And Theo has an ace up his sleeve. Blindfolding Todd for a special surprise, Theo leads him to the register office, explaining that their wedding wasn't cancelled, leaving a shell-shocked Todd with a decision to make.

With word spreading about the ceremony, caring George later calls at the flat to check on Todd, while Theo's not far behind him, shouting abuse through the bathroom door. But it's George who emerges, not Todd. What will George do next?

» **PLUS** Mal tells the police he's remembered who attacked him before leaving Bernie horrified by an indecent proposal, the Driscolls call a family meeting to discuss Megan's refusal to have a DNA test while Will defends his abuser.

ALSO IN THE SOAPS THIS WEEK...

EMMERDALE

» Joe fails to sell the cattle, concerned Charity (above) realises the depths of Cain's despair after he makes a move on her, Ross becomes Home Farm's Director of Operations, and Dawn asks Kim if she still has feelings for Graham.

EASTENDERS

» Smitten Oscar hooks up with Josh, Jasmine tells Kat she's pleading guilty to Anthony's murder, Vinny puts a deposit down on a shop for Penny, and Bea (right) has a meltdown after her emotions get the better of her.

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BRAND NEW
21st March

Martin Clunes as Huw Edwards

Secrets and lies

Martin Clunes plays Huw Edwards in a compelling drama about the disgraced newsreader

NEW DRAMA

Power: The Downfall of Huw Edwards

Tuesday, 9pm, 5

***Doc Martin* star** Martin Clunes gives a complex, emotional and nuanced portrayal of once-trusted BBC news anchor Huw Edwards in 5's tough-watch drama *Power: The Downfall of Huw Edwards*.

Based on factual research and first-hand interviews, the feature-length film centres on 17-year-old 'Ryan' (*Under Salt Marsh*'s Osian Morgan), whose life is destroyed when he's allegedly groomed by Edwards.

As the drama progresses, the truth about Edwards' spiralling double life becomes even darker when he's convicted for accessing indecent photos of children.

Here, leading man Clunes, 64, tells *TV&Satellite Week* more about the challenge of playing the disgraced newsreader…

How much did you know about the case before filming? All I knew were the headlines – I didn't know the details and I didn't really want to at the time, but for the purposes of this drama I think they are extremely important. How does something like this happen, with someone who is right in front of our faces every single night?

What were your initial thoughts about playing Edwards? I knew it would be a challenge on a number of levels. But I really thought the story of 'Ryan' [the teenager's name has been changed in the drama] and his family was worth telling. Obviously the media has focused on Huw Edwards. But behind that there's this lad and his family whose lives were turned upside down.

Your physical transformation is startling… I've always been a character actor, and I like to submerge myself and try to be somebody else. That's part of the challenge. So when you're assisted by hair and make-up, you really don't feel like yourself any more.

How did you find tackling such a dark subject matter? It can be uncomfortable, but it's part of the job and you just have to go there. The script is always the most important thing, and I thought it was really powerful and compelling.

Clunes (right) with Osian Morgan

The drama recalls one of Edwards' most famous broadcasts – the announcement that Queen Elizabeth II had died. Do you remember watching him that day? No, because I was actually in a very remote village in Papua New Guinea for a travel documentary [*Martin Clunes: Islands of the Pacific*], and we had no real communication. So I never saw Edwards make that announcement, but obviously I've seen it a lot since.

Are you purposely seeking out more challenging roles? I've played a murderer before [in the 2002 drama *A Is for Acid*] and I'm vile [as Cathy's alcoholic father] in new movie *Wuthering Heights*, so this isn't my first dark role. I've been lucky enough to balance light-hearted jobs like *Doc Martin* with dramas in between. I'm not desperate to reshape myself – I'd play someone like Doc Martin again in a heartbeat.

WORDS: HANNAH DAVIES. PHOTOS: 5

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Joe Wilkinson

NEW The Great Celebrity Bake Off for Stand Up to Cancer

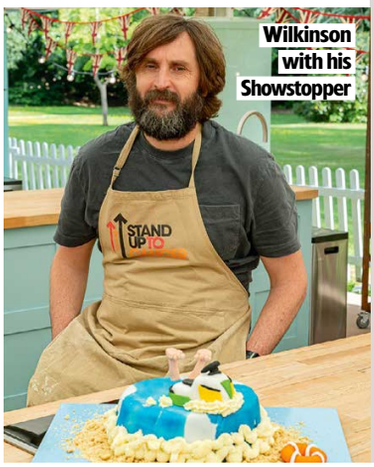
Sunday, 7.40pm, C4

Since starting out on the stand-up circuit, the Kent-raised comic and writer has been a regular on panel shows including *8 Out of 10 Cats Does Countdown*. He's had acting roles in BBC3's *Him & Her* (inset), Netflix's *After Life* and *Sex Education*, along with U&Gold's family comedy *The Cockfields*, which he co-created. He was also a memorable Faithful in BBC1's *The Celebrity Traitors*.

2010

HIS NEW APPEARANCE

This week, Wilkinson is making a second foray into the *Celebrity Bake Off* tent after being crowned Star Baker in 2019. He'll compete against fellow comics Roisin Conaty, Tom Davis, Rose Matafeo, Judi Love and Jon Richardson. Can they impress Paul Hollywood and his new co-judge, *Bake Off: The Professionals*' Cherish Finden, as they make breakfast pastries, matcha-and-yuzu biscuits and Showstopper cakes re-creating the weirdest place they have slept?. 'I love baking under pressure,' jokes Wilkinson. 'I've done a lot of practising!'



Wilkinson with his Showstopper

WORDS: CAREN CLARK; SEAN MARLAND, STEVEN PERKINS, RICHARD MCCLURE. PHOTOS: BBC, C4, ITV, SKY, U&ALIBI, MOBO, PARAMOUNT PICTURES

Murder, he wrote

Humphrey's on the case when his favourite crime writer is killed

NEW CRIME DRAMA

Beyond Paradise

Friday, 8pm, BBC1

It's a case of murder by the book this week as *Beyond Paradise* returns for a fourth series, beginning with DI Humphrey Goodman (Kris Marshall) investigating the suspicious death of his favourite crime writer, Kenneth Linder (Michael Cochrane), who was killed in the same manner as a victim in his latest novel.

Meanwhile, Humphrey's new boss, James Smith (Vincent Franklin), orders cutbacks at Shipton Abbott police station, and there's also trouble at home when the houseboat Humphrey shares with wife Martha (Sally Bretton) needs major repairs. Martha suggests it might be time to look for a house on dry land – but is Humphrey ready for such a drastic change?

TV&Satellite Week caught up with Marshall, 52, to find out more…

Martha and Humphrey

Does Humphrey feel a personal connection to this murder case? Yes, Humphrey absolutely loves this crime writer, and has gleaned a wealth of knowledge from him. To then have to investigate his death is hard for Humphrey, but there's a sense of duty – he feels the writer would want him to solve the case on his behalf.

How does he react to being forced to leave his houseboat? Humphrey would live on a boat for ever if he could. He's always had this great affinity for the sea, and he really misses the poetry of living on a boat. I must admit, the houseboat hasn't been easy to film on!

New boss James Smith

How do the cutbacks affect him? The reason Humphrey thrives more in the smaller backwaters, as it were, is because he has less pressure on him from above – he hates authority. So Humphrey struggles with that over this series.

You have been portraying this character since 2014. What is it about Humphrey that keeps you interested? I still have fun making Humphrey incrementally different every year. Also, I'm all about putting in little Easter eggs, referencing detectives or movies I loved growing up. In the last run, there was an episode where I wore plastic bags on my feet – that was an homage to *Withnail and I*!

The cast of the new show

Live from LONDON!

The iconic US comedy show gets a **British twist**

LIVE COMEDY

Saturday Night Live UK

Saturday, 10pm, Sky One

Since debuting on American TV in 1975, *Saturday Night Live* has become one of the world's most iconic shows. It launched the careers of stars such as Chevy Chase, Bill Murray, Eddie Murphy and Amy Poehler, while some of the programme's sketches have been turned into hit movies – from *The Blues Brothers* to *Wayne's World*.

Now, a British version of the famous late-night comedy series is coming to Sky One for a six-part run.

The UK show is broadcast live in front of a studio audience and features sketches, music and a

Boat lover Humphrey (Kris Marshall)

different celebrity host each week. Former *SNL* star Tina Fey is rumoured to be taking the helm for this week's opener, while the legendary Lorne Michaels – the man who created *SNL* – is acting as executive producer.

FUNNY BUSINESS

An important part of the show is the US-style writing room. The talented team – which includes writers from *The Last Leg*, *Have I Got News for You*, and *Never Mind the Buzzcocks* – will be under pressure to come up with top-quality material, especially for a UK version of the classic *Weekend Update*, which takes a sideways look at current news stories.

Comedians Ania Magliano and Paddy Young will host the segment, and the pair are joined by some of the best young comedians around, including Hammed Animashaun, Larry Dean, Ayoade Bamgboye and Annabel Marlow.

To prepare for the series, several members of the cast flew out to the US to watch the American version being recorded live in New York.

'They writers and comedians were working right up to the line,' reveals Magliano. 'They were in the room writing jokes about stuff that had happened that day – then it all came together like an orchestra's performance. It was very slick.'

Mike Myers and Dana Carvey in *Wayne's World*

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

Celebrity Sabotage

Saturday, 8pm, ITV1

NEW

This reality game show features unsuspecting members of the public who believe they're participating in a new ITV1 series. In fact, celebrity saboteurs Joel Dommett, Judi Love, Sam Thompson and GK Barry are secretly watching the 'contestants' and trying to prank them with hilarious stunts. This week, the 'contestants' take part in a fake business show hosted by Sara Davies as guest saboteur Jo Brand joins the fun.

MOBO Awards 2026: Access All Areas

Friday, 11.25pm (Scotland, 12.10am), BBC1

This year's awards celebrating Black music and culture are hosted by Eve and Eddie Kadi (both pictured) on Thursday 26 March, and will be live-streamed by Amazon Music. This special behind-the-scenes show includes exclusive backstage content and not-before-seen performances and interviews from the ceremony.

NEW

Miss Scarlet

Tue, 9pm, U&Alibi (box set, Sky Box Sets, Virgin TV Box Sets & NOW)

Victorian private investigator Eliza Scarlet (Kate Phillips) is back for more investigations in the sixth series of the glossy whodunnit. In the opening episode, Eliza investigates when a psychiatric patient escapes after a killing. The sleuth also enjoys a secret romance with DI Alexander Blake (Tom Durant-Pritchard).

NEW

The Hunt: Prey Vs Predator

Sunday-Tuesday, 9pm, C4

This heart-pounding, hide-and-seek reality contest is set in a forest, where contestants – the Prey – must forge alliances and complete challenges to locate prize money, while being hunted down by Predators, who are trying to steal their cash. With £100,000 up for grabs and underperforming players facing elimination from the game, who will triumph?

NEW

Charlie Cox as Daredevil

Defenders *in the dark*

Charlie Cox is reunited with an old friend as the superhero saga returns

The best of **Netflix, Prime Video, Disney+** and more...

Disney+ Daredevil: Born Again

NEW *Available: Wed 25 March*

Genre: Superhero drama Season: 2 Eps: 8 (released weekly)

The Fisks

When Season 1 of *Daredevil: Born Again* ended, Matt Murdock, AKA blind, masked vigilante Daredevil, saved evil New York City Mayor Wilson Fisk, from an assassination attempt by hitman Bullseye – only for Wilson to then order a hit on Matt.

Now, as the second season of the Marvel superhero series lands on Disney+, the crime boss, AKA Kingpin, is still in power and is using his Anti-Vigilante Task Force to hunt down masked heroes. With Daredevil forced to assemble an army of allies and go deep into Hell's Kitchen, can he bring down Kingpin, his ruthless wife Vanessa and their corrupt empire?

'Daredevil and Kingpin's relationship has changed because of the things they've done to each other and to those they care about,' says London-born Charlie Cox, 43, who reprises the title role opposite Vincent D'Onofrio's Kingpin. 'There are high stakes between these two.'

POWER PLAY

Helping Matt stay under the radar is friend and confidante Karen Page (Deborah Ann Woll). As the romantic spark between them builds, Karen is determined to keep Daredevil safe, especially when he questions his own abilities.

'Matt has always been clear-minded about what needs to be done and how he needs to do it, but this season, he's doubting himself more than ever,' says Cox. 'He is relying heavily on Karen.'

Season 2 sees the return of Wilson Bethel as Benjamin Poindexter, AKA Bullseye, and Ayelet Zurer as Vanessa, with *Scream* star Matthew Lillard joining the cast as shadowy antagonist Mr Charles, who's a threat to Kingpin's authority.

'Being Mayor is not easy for Fisk because he operates best on the edge of society,' says D'Onofrio, 66. 'But he needs to expand his power.'

Meanwhile, Krysten Ritter also joins the series as Daredevil's ally Jessica Jones after starring in three seasons of TV show *Jessica Jones* and crossover *The Defenders*, which also featured fellow vigilantes Luke Cage and Iron Fist.

Krysten Ritter as Jessica Jones

So will Jessica's return be just the start, with Daredevil's old allies reuniting to challenge Kingpin's authoritarian rule?

'Jessica isn't really a team-up kind of person,' teases executive producer Sana Amanat, 43. 'So the reason she's back feels personal. She brings edginess and lightness. We've been shooting a lot of crazy sequences and the action is non-stop.'

What we're watching...

The shows being enjoyed by the *TVSW* team

prime Vanished

Genre: Thriller Season: 1 Episodes: 4

The Flight Attendant's Kaley Cuoco is, once again, plunged into intrigue and danger in a fast-paced mystery thriller set in Marseilles. Cuoco plays archaeologist Alice Monroe, who meets up with her boyfriend, aid worker Tom (Sam Claflin, pictured with Cuoco), for a romantic break in Paris, only for him to disappear on a train headed for the south of France. When the police prove unhelpful, Alice teams up with French investigative journalist Hélène Lando (Karin Viard) and discovers shocking truths about the man she loves.

Disney+ Scrubs

Genre: Comedy Season: 10 Episodes: 9 (released weekly)

Sarah Chalke and Zach Braff (both right) return in the revival of the medical comedy. As before, it is a winning mix of slapstick humour, rapid-fire dialogue and touching moments.

Paramount+ Dead of Winter

Genre: Thriller Episodes: One-off

There are echoes of *Fargo* in this tense thriller starring Dame Emma Thompson (right) as a widow who stumbles across a young woman being held captive in a cabin in the snowy Minnesota wilderness.

Now in production...

Three upcoming shows to look out for soon

Paramount+ Treasure Island

In Paramount+'s six-part drama, inspired by Robert Louis Stevenson's novel, David Oyelowo (above) will play pirate Long John Silver, while Hayley Atwell is Bess Hawkins, whose son Jim (Tom Sweet) discovers an intriguing treasure map.

NETFLIX Yeti

Chris Pine (above) will head the cast of Netflix's thriller, which centres on a father and daughter who, following an avalanche in the Alps, encounter a primeval predator and face a terrifying battle for survival. Iona Bell, Ray Winstone and Sofia Boutella also appear.

MGM+ The Magnificent Seven

MGM+'s eight-part remake of the iconic western, set in the 1880s, will see Matt Dillon (above) portray Chris Adams, the leader of a group of seven mercenaries fighting to protect Quaker villagers who are being targeted by a ruthless land baron.

WORDS: JUDY EWENS, VICTORIA WILSON, CAREN CLARK. PHOTOS: ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, PARAMOUNT+, PRIME VIDEO, ©2026 MARVEL – ALL RIGHTS RESERVED

Harry's game

A **troubled Scandi cop** hunts a serial killer

Tobias Santelmann as Harry Hole

NETFLIX Jo Nesbø's Detective Hole

NEW *Available: Thursday 26 March Genre: Crime drama Season: 1 Episodes: 9*

There's a serial killer to catch when deeply flawed but brilliantly talented Detective Harry Hole is brought to life in a new Scandi noir series on Netflix.

Based on the bestselling novels by Jo Nesbø, the nine-parter stars *The Last Kingdom*'s Tobias Santelmann as the Norwegian cop, who works for the Oslo Crime Squad while battling personal demons following past traumas.

'Harry is completely absorbed in his work but he has a demon on his back,' explains Santelmann, 45. 'He's a former alcoholic and, without saying too much, it becomes a real challenge for him again in the series.'

Harry with colleague Beate Lønn

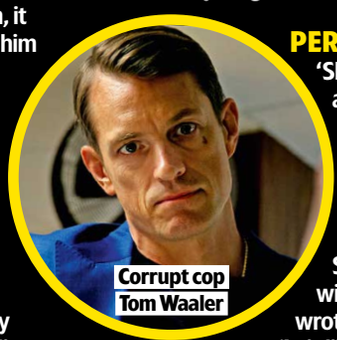
RIVALS

As the drama begins, a flashback shows the harrowing events that have shaped the chain-smoking detective. Meanwhile, the obsessive Harry revisits the case of a violent bank robbery that took place five years earlier when he thinks it holds clues to the identity of a serial killer.

It's a decision that causes him to go head-to-head with his long-time adversary, corrupt detective Tom Waaler (Joel Kinnaman, currently starring in Apple TV thriller *Imperfect Women*).

'Harry is an introvert who's not very fond of people and doesn't care about functioning in social settings,' says Santelmann.

Set and filmed in Oslo, the series co-stars Pia Tjelta as Harry's girlfriend, Rakel, who has a young son from a previous relationship.



Corrupt cop Tom Waaler

PERFECT SETTING

'Shooting in Oslo was a dream, and with so many people in Norway having such a strong connection to the Harry Hole books, we felt an incredible warmth from locals and fans throughout the production,' says Santelmann, who worked closely with author Jo Nesbø, who also wrote the screenplay.

'Jo is like an encyclopedia of this universe after living with Harry for almost 30 years now, so I could always go to him when I was unsure about something. I don't think any production has ever used Oslo as extensively as this series, and I just can't wait for audiences to see how the city is portrayed on screen.'

Camila Morrone as Rachel

Bride & doom

Will a couple's wedding day **end in horror**?

NETFLIX Something Very Bad Is Going to Happen

NEW *Available: Thursday 26 March Genre: Horror Season: 1 Episodes: 8*

The creators of *Stranger Things*, the Duffer brothers, take us on another terrifying adventure in this unsettling eight-part horror following a young couple in the run-up to their wedding day.

With just days to go before saying 'I do', bride-to-be Rachel Harkin (Camila Morrone) takes a romantic road trip with her devoted fiancé, Nicky Cunningham (Adam DiMarco), to his family's remote, snow-capped holiday home, where their dream ceremony will take place.

Adam DiMarco as Nicky

UNSHAKABLE DREAD

But following a series of creepy coincidences, an already superstitious Rachel finds her pre-wedding jitters descending into paranoia as she struggles with a feeling that something horrifying is about to happen…

'Rachel is an introvert who often feels like an outcast,' says *The Night Manager* star Morrone, 28. 'She had a tumultuous upbringing with her father and left home very young, so she's independent and keeps to herself. For Free Mags Check Soft.ac As she gets ready to marry, she deals with all these complicated, mixed emotions about family and the traditions of marriage.'

Rachel must also contend with Nicky's dysfunctional family, including his intense mother, Victoria (Jennifer Jason Leigh) and traditionalist father, Boris (Ted Levine).

'It's such a unique story,' adds DiMarco, 35, who starred in *The White Lotus* Season 2. 'I could never predict where it was going. Just when you think it's one thing, it turns out to be something else…'

WORDS: CAREN CLARK, TESS LAMACRAFT, REBECCA MAHONEY, SEAN MARLAND. PHOTOS: BBC, C4, ITV, NETFLIX, PRIME VIDEO

Guz Khan and Riz Ahmed

Riz Ahmed is a struggling actor who gets a shot to play James Bond

Try another day

Bait

NEW *Available: Wednesday 25 March*
Genre: Comedy Season: 1 Episodes: 6

Most British actors dream of playing James Bond and award-winning star Riz Ahmed is given the chance to chase that fantasy in Prime Video comedy *Bait*.

Ahmed plays Shah Latif, Fa struggling actor from Wembley who gets one final chance to hit the big time when he lands an audition to play 007. The six-parter follows him over the course of four wild days as his life spirals out of control following a nerve-racking screen test.

BIG CHANCE

'The show is a real mixed bag,' says Ahmed, 43, who created the series. 'It's a comedy, but it's also trying to look at some emotional things. It's about family, ambition and trying to belong.'

Shah with his family

Shah is made to sign a non-disclosure agreement ahead of his audition, but while visiting his family home, his cousin Zulfi (Guz Khan) learns the truth after reading a piece online. His family are over the moon at the news, but the rest of the world has a mixed reaction...

'When word gets out that Shah might be the next James Bond, everyone has an opinion about it,' says the *Sound of Metal* and *Relay* star. 'Soon his life starts to be as confusing and paranoid as the spy thriller he is auditioning for.'

Ahmed created the series as a way of examining his own life since becoming a star.

'Shah wants to be thought of as desirable and decisive and alpha male enough to be Bond, but actually, his life's falling apart, and he's a bit of a mess,' reveals Ahmed. 'By making this show, I want to share my private neuroses publicly and show the messiness of my psyche.'

FUTURE PLANS

So, with Daniel Craig stepping down after 15 years as James Bond, is Ahmed interested in getting the part for real?

'I've met Barbara Broccoli [former head of the Bond franchise] a couple of times,' he explains. 'Now I've made a six-episode comedy show just to drop a really subtle hint into the mix, just to put it out there!'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

4 A Woman of Substance

C4's adaptation of Barbara Taylor Bradford's epic novel finds ambitious maid Emma Harte (Jessica Reynolds) drawn into a romance with her boss' son Edwin Fairley (Ewan Horrocks, pictured with Reynolds).

itvX Gone

Shrewd cop DS Annie Cassidy (Eve Myles) is suspicious of head teacher Michael Polly (David Morrissey, pictured with Myles) in ITV1's drama, as he waits for 24 hours to report his wife's disappearance and appears unruffled by the evidence...

BBC iPLAYER The Capture

In the return of BBC1's thriller, determined cop Rachel Carey (Holliday Grainger, pictured) witnesses an assassination, but she is left reeling when she crosses paths with the ruthless killer once more in very surprising circumstances...

BBC iPLAYER Dunblane: How Britain Banned Handguns

A BBC2 documentary, marking the 30th anniversary of the tragedy, sees bereaved parents including Mick North (above) explain how they fought for more stringent gun laws.

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- Masterpiece' Temptations tribute
- Paul Reason as Robbie Williams
- The Beached Boys
- Roy Carter of Heatwave
- The Temple Bros play The Everlys
- The Overtures • 60s Explosion
- Straight Circles • The GN A Team

7 to 11 Sept 2026

- Keri Whip as Tina Turner
- Boy Gorgeous • The Moondogs
- Earth, Wind for Hire • Billy Shannon
- The Foundations • ET as Bob Marley
- DS;UK's Dire Straits tribute
- Jimmy Jemain - 'Stars in Their Eyes' Cliff Richard
- Suzi Hopwood as Kylie Minogue
- Marc Robinson's Dance Party tributes to Buddy Holly, Richie Valens, The Big Bopper & Dion & The Belmonts
- YMCA - Village People Experience
- Sarah Riches as Olivia Newton John + band
- Maxine Mazumder as Dusty
- Nat Augustin as George Benson
- Buzz D'Angelo as Little Richard
- The GN A Team

2 to 6 Nov 2026

- James Williams Showband
- The Ragdolls • Carnaby Street
- The Original Jukebox Heroes featuring former members of bands such as The Sweet, Bay City Rollers, T. Rex & Herman's Hermits
- The Hijacked Hollies • The Remakes
- Sounds Imperial • Jeff Brown
- Chris Nott's 70s Heartthrobs
- Chick Flicks from the Sing Out Sisters
- Paul Reason as Neil Diamond
- Fil Straughan as Luther Vandross
- The Mia Mammas Abba Party
- Keri Whip as Tina Turner
- Memories of the Four Tops
- The GN A Team

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

BTS The Comeback Live – Arirang

Saturday 21 March

Phenomenally successful Korean boy band BTS return to the stage to perform hits and other tracks from their highly anticipated new album, *Arirang*. Streaming live from Gwanghwamun in Seoul from 11am.

Confessions of a Female Serial Killer

Monday 23 March

True-crime documentary about British serial killer Joanna Dennehy. Over 10 days in March 2013, she stabbed three men she knew to death. A few days later, Dennehy stabbed two more men at random – miraculously, they survived.

Stolen Girl

Inside

Monday 23 March

The third season of the reality series from British YouTubers the Sidemen. Celebrity and internet personalities stay in a house for a week to compete in high-pressure challenges for a life-changing cash prize.

Hannah Montana 20th Anniversary Special

Tuesday 24 March

Two decades after it made its debut on Disney Channel, this special celebrates the teen sitcom that starred Miley Cyrus as 14-year-old Miley Stewart, who kept her identity as pop singer Hannah Montana a secret from her classmates. Includes an interview with Cyrus.

Daredevil: Born Again

Wednesday 25 March

The second season of the action-packed Marvel Cinematic Universe drama starring Charlie Cox as blind lawyer Matt Murdock, AKA masked vigilante Daredevil, who has superhuman senses. Mayor Wilson Fisk (Vincent D'Onofrio), AKA crime lord Kingpin, crushes New York City underfoot as he hunts down Daredevil. See feature, page 14.

Heartbreak High

Wednesday 25 March

The third and final run of the Australian high-school comedy drama. For Hartley High's graduating class, it's goodbye school, hello adulthood. But when a revenge prank goes horribly wrong, Amerie (Ayesha Madon) and her pals must cover up their secret or risk losing everything.

Bait

Wednesday 25 March

Comedy written by and starring Riz Ahmed as a struggling actor who gets the audition of a lifetime. Over four days, his family, ex-lover and the entire world weigh in on whether he is the right man for the job. See feature, page 17.

Pretty Lethal

Wednesday 25 March

Action thriller. Five ballerinas are barely on speaking terms when their bus breaks down in a remote forest and they are forced to shelter at an unsettling roadside inn run by a reclusive former ballet prodigy (Uma Thurman). As the situation turns deadly, the troupe must put aside their rivalries and use their brutal training to fight back.

HBO Max launches

Thursday 26 March

New content includes medical drama *The Pitt*, with *ER*'s Noah Wyle; *Dangerous Liaisons* prequel *The Seduction*; and Italian drama *Portobello*, about a real-life miscarriage of justice. See feature, pages 4-7.

House of David

Friday 27 March

In the second season of the biblical drama, Israel nears collapse as Saul's reign falters. David (Michael Iskander) goes from shepherd to warrior, while the Age of Iron transforms warfare. As families fracture, forbidden love sparks and alliances shift, faith and power collide in a struggle that will decide Israel's future.

Detective Hole

Thursday 26 March

Norwegian crime drama based on the novel *The Devil's Star* by Jo Nesbø. Brilliant but troubled Oslo detective Harry Hole (Tobias Santelmann) hunts a serial killer while also dealing with a corrupt colleague. See feature, p16.

Something Very Bad Is Going to Happen

Thursday 26 March

Horror. Rachel (*The Night Manager*'s Camila Morrone) is due to be married in mere days but can't shake the feeling that something horrifying will happen before the wedding. A series of eerie coincidences and dreadful surprises only increase her paranoia. See feature, page 16.

Sphinx

Friday 27 March

Dutch crime drama from Walter Presents. Three years after 14-year-old Minke Moorman was abducted, she reappears – feral, confused and with a mysterious wing tattoo on her back. As her family struggles to reconnect with her, Minke is still being manipulated by her abductor.

Mike & Nick & Nick & Alice

Friday 27 March

Action comedy starring Vince Vaughn, James Marsden and Eiza González. Over the course of one chaotic night, gangsters Mike and Nick and the woman they both love, Alice, try to stay alive while a time machine upends their plans.

BTS: The Return

Friday 27 March

Documentary chronicling the making of the boy band's comeback album. After taking a break to focus on solo projects and complete South Korea's mandatory military service, the members of BTS reunite in LA to make music again.

Stolen Girl

Friday 27 March

Thriller starring Kate Beckinsale as a mother whose daughter is kidnapped by her ex-husband and taken to Lebanon. After years of failed attempts to find her child, she teams up with an ex-US Marine (Scott Eastwood), who's an expert in recovering abducted children.

53 Sundays

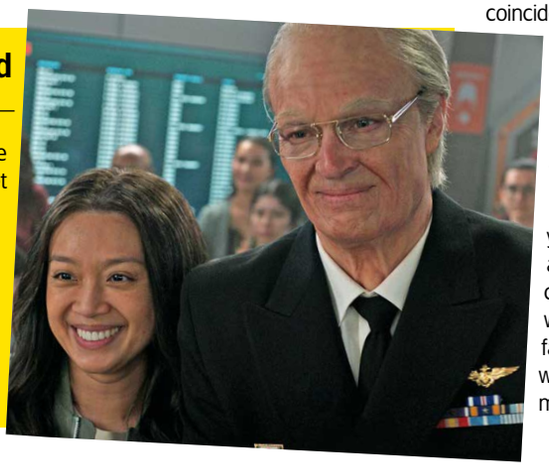
Friday 27 March

Spanish comedy. Three siblings meet to discuss what to do with their ageing dad, who's begun to exhibit strange behaviour. But what begins as a polite get-together soon descends into bickering.

For All Mankind

Friday 27 March

The fifth season of the sci-fi drama set in a world where the space race between the Soviet Union and the United States never ended. The Happy Valley base on Mars is now a thriving colony, but friction continues to build between those living on the red planet and people on Earth. Starring Joel Kinnaman.



WORDS: JUDY EWENS. PHOTOS: APPLE TV, PRIME VIDEO, PARAMOUNT+

Documentaries

Nick Elphick (left) and Darryn Frost

Tusk force

A special sculpture honours London Bridge hero **Darryn Frost**

NEW FACTUAL

Extraordinary Portraits with Bill Bailey

Friday, 7.30pm, BBC1 (regions vary)

On 29 November 2019, terrorist Usman Khan went on a knife rampage during a prisoner-rehabilitation event at Fishmongers' Hall in London.

He killed two young volunteers, Jack Merritt, 25, and Saskia Jones, 23, and looked certain to harm others before he was chased from the building by South Africa-born Londoner Darryn Frost, who was attending the event.

Frost chased Khan on to London Bridge with a narwhal tusk he'd grabbed off a wall in the building. With the help of others, he pinned the killer to the ground, where he was shot dead by armed police.

Sculptor Elphick

The Forgotten Prince: The Mystery of the Duke of Kent

Saturday, 9pm, 5

In 1942, Prince George, Duke of Kent (above) – the younger brother of George VI – was killed in a plane crash in the Scottish Highlands. An official report claimed the accident was due to navigational error, but rumours have swirled about a mysterious figure on board.

My Garden of a Thousand Bees

Wednesday, 8pm, BBC4

Wildlife cameraman Martin Dohrn has spent decades filming animals all over the world. Now, using one-of-a-kind lenses and filming in slow motion, he turns the cameras on his own garden in Bristol, which is home to more than 60 different species of bee, each with its own unique behaviour.

Just One Thing

Monday-Thursday, 2pm, BBC1 (box set, BBC iPlayer)

From dancing to increase brain power to drinking black tea to reduce anxiety, this 12-part series follows in the footsteps of the late Dr Michael Mosley's hit podcast, with Zoe Ball, Clive Myrie (above) and Roman Kemp challenging people to make small changes that could have big benefits.

WORDS: HANNAH DAVIES, NATASHA HOLT, IAN MACEWAN. PHOTOS: 5, BBC, GETTY

Bill Bailey with the artists

The scene of the attack

'It's an image that remains in people's minds,' says Bill Bailey about the viral video of the incident. 'Darryn found himself in a terrifying situation, one we would naturally feel we wanted to get away from, but instead he stepped forward, risking his own life to help others.'

CONFRONTING A KILLER

This week, as Bailey returns for a new series of his art show that honours ordinary people, he invites Nick Elphick to create a sculpture as a tribute to Frost, who also talks about the tragic incident.

'We heard screams and a commotion from downstairs,' recalls Frost, who works for the Ministry of Justice. 'I ran down the stairs and I was presented with the sight of a man with two 8in knives glistening in the light. He opened his jacket and said, "I've got a bomb."'

Khan's explosive vest later turned out to be fake, but Frost had no idea at the time, as he fought to restrain the terrorist, who had been released from prison after a previous conviction for terrorism offences.

Frost was holding the attacker as he was shot, which caused him to black out. And he admits he has struggled with traumatic memories of the tragedy ever since.

'For years I felt very lost,' he says. 'I was in the wilderness. There was a lot of darkness, a lot of pain. It was the saddest day of my life.'

In the programme, Frost is adamant he doesn't want to be depicted as a hero in the sculpture because he feels saddened that he couldn't stop Khan from killing Merritt and Jones.

'I'm hoping that the sculpture is sensitive but also tells a story,' says artist Elphick. 'What I tried to do was really portray Darryn as a human being. It's an honour to be able to sculpt the good in humanity.'

Warship: Life on the Frontline

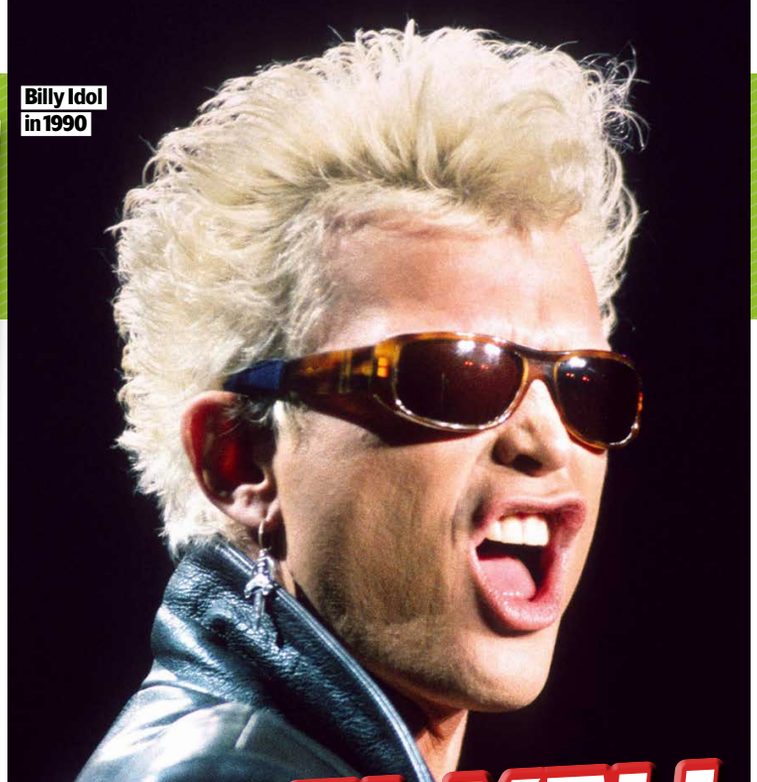
Wednesday, 9pm, 5

In a one-off special of the popular show that has unprecedented access to the Royal Navy, former Royal Marine JJ Chalmers (above) finds himself on *HMS Prince of Wales* to reveal how the crew of 1,600 men and women live and work on board the biggest and most powerful British warship ever built.

Khartoum

Tuesday, 10pm, BBC4

This *Storyville* special uses animated sequences and personal testimony to weave together the stories of a civil servant, a tea seller, a resistance-committee volunteer and two young street boys as they all search for freedom against a backdrop of brutal conflict in the war-torn African nation of Sudan.


Billy Idol in 1990

REBEL YELL

The rollercoaster life of punk-rock icon **Billy Idol**

NEW FACTUAL

Billy Idol Should Be Dead

Friday, 9pm, Sky Arts

Dubbed the 'pretty boy of punk' as the lead singer of Generation X, peroxide-blond Billy Idol went on to launch a successful solo career in the 1980s, enjoying success on both sides of the Atlantic.

Following smash hits *Rebel Yell* and *White Wedding*, the snarling singer with the trademark curled lip seemed to have the world at his feet. However, the rock 'n' roll lifestyle took its toll as Idol became addicted to alcohol and drugs.

'When I met Billy, he didn't drink or do drugs – he was totally clean,' recalls Generation X bass player Tony James, who talks about his former bandmate in Sky Arts profile *Billy Idol Should Be Dead*. 'I don't know what he'd tell you about his reasons for starting to take heroin, but I think he felt a pressure to be "Billy Idol" and be credible.'

Idol relocated to the United States in the mid-80s after newly launched 24-hour music channel MTV grew him a massive fan base. But his use of hard drugs culminated in the star collapsing in convulsions outside a Beverly Hills club in 1994.

He and former Hot Gossip dancer Perri Lister, the mother of one of his three children, parted company in 1989, and the following year, Idol was involved in a serious motorbike accident that derailed what could have been a promising film career, ruling him out of a role in James Cameron's *Terminator 2*.

NON-STOP ROCK

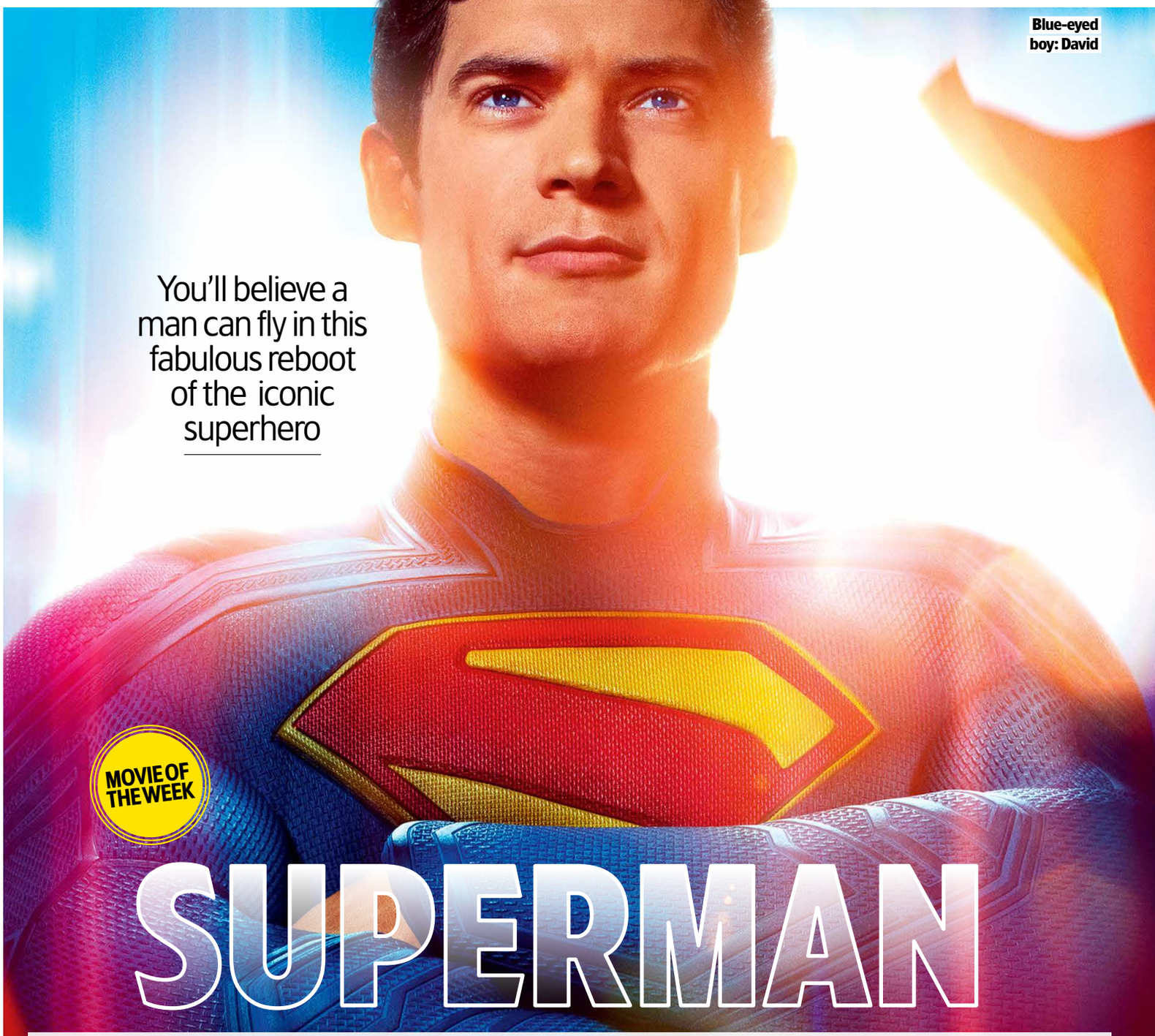
This feature-length documentary includes extensive archive footage and contributions from The Who's Pete Townshend and the Sex Pistols guitarist Steve Jones, alongside interviews with Idol himself.

Still recording and touring at the age of 70, the singer is now a doting grandfather, and he reckons that his brushes with death have given him a greater appreciation of what he has.

'A big part of life is luck, but an even bigger part is what you do with that luck,' says Idol. 'Most people probably think I should be dead – so I'm living every day as if it were my last.'

Idol in 2024

Films pick of this



Blue-eyed boy: David

You'll believe a man can fly in this fabulous reboot of the iconic superhero

MOVIE OF THE WEEK

SUPERMAN

SUPERHERO

Thursday, 8.05am & 8pm, Sky Premiere, also streaming on HBO Max ★★★★

The latest reboot for the iconic superhero skips all the familiar origins stuff and throws us in the midst of the plot. It's a daring choice by writer-director James Gunn. After a series of captions telling us that Superman (David Corenswet) has just suffered his first defeat, we open in the Arctic and find a battered Superman taking refuge in his Fortress of Solitude.

He needs to recover his strength quickly in order to foil the nefarious schemes of megalomaniac tech billionaire Lex Luthor (Nicholas Hoult), who is whipping up a media storm to turn the world against Superman while simultaneously stirring conflict between neighbouring countries Boravia and Jarhanpur.

There are some interesting ideas and up-to-the-minute resonances here, even if too much of the ensuing action is taken up with over-extended slugfests. The flirtatious play between Superman and intrepid *Daily Planet* reporter Lois Lane (Rachel Brosnahan) is wonderful – although there's not enough of it – with the stars perfect fits for their roles. Although casual viewers will be left longing for the playful innocence of the 1978 Christopher Reeve classic, after the glum Henry Cavill take on the character this is the *Superman* film fans have been crying out for – and Gunn certainly delivers. 2025, 12, 129MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NICHOLAS CANNON, NIGEL PIZEY

More premieres and Day by Day planner ›››

week's Best Movies

WORLD CINEMA

No Other Choice

Available now, Mubi ★★★★★

Even after making extraordinary movies such as *Oldboy*, *The Handmaiden* and *Decision to Leave*, *No Other Choice* may be South Korean director Park Chan-wook's greatest work yet. It's a stunning black comedy dressed up as a thriller, as Lee Byung-hun's sacked manager of a paper company decides to kill off his competition for a job at a rival establishment. His plan is simple: create a fictitious paper company, go through the CVs to see who will also be vying for the vacancy and bump off any candidates better qualified than himself. It's often laugh-out-loud funny, not to say chaotic, with a host of subplot threads to pull on, while Byung-hun makes for a wonderful protagonist, an idiotic man convinced he's in control, but really just making it up as he goes along. 2025, 15, 139MIN

Death from above: Lee

Gunning for his girl: Leonardo

ACTION COMEDY

One Battle After Another

Thursday, 10.30am & 10.20pm, Sky Premiere, also streaming on HBO Max ★★★★★

Director Paul Thomas Anderson pits modern American radicals and reactionaries against each other, brilliantly juggling biting political satire, gripping action, moments of farcical comedy and a disturbingly prescient view of where the United States appears to be heading. At the heart of the movie is Leonardo DiCaprio's washed-up revolutionary Bob, who has been living off the grid for 16 years, tenderly raising his daughter Willa (Chase Infiniti) alone after his erstwhile comrades in arms were captured or killed, or went even deeper underground. But when the group's old enemy, Sean Penn's sinister, unhinged military officer Steven Lockjaw, targets Willa, Bob must get his act together to protect her. DiCaprio hasn't been this funny in years, but his frazzled radical is immensely touching, too. 2025, 15, 162MIN

ROMANTIC DRAMA

On Swift Horses

Saturday, 8.20am & 9.45pm, Sky Premiere ★★★

An intricate weave of love and passion in 1950s America with a top-tier cast, this romantic period drama is engaging without quite igniting. It tells of Daisy Edgar-Jones' unwilling housewife to kindly Will Poulter and her sexual awakening with local boho Sasha Calle, while Poulter's gay cardsharp brother, Jacob Elordi, dives in and out of scrapes before meeting hustler Diego Calva. Although it's missing that elusive element to make it really sing, this movie looks gorgeous, while every actor puts in a terrific performance, especially Elordi who shines with a cool magnetism. 2024, 15, 119MIN

Look of love: Diego, Jacob, Daisy, Will and Sasha

COMEDY

Theater Camp

Tuesday, 9pm, Film4 ★★★★

A wonderful celebration of the 'putting on a show' genre, made doubly entertaining if you have even a passing interest in musical theatre, this improvised movie is terrific. Based at a three-week summer camp for theatrical children (and, boy, do we mean theatrical), it sees camp leaders Molly Gordon and Ben Platt teach elements such as acting, music... and past lives. But when camp's owner Amy Sedaris has a seizure, her clueless crypto-bro son Jimmy Tatro steps in to help. It's funny, insightful and features some astonishingly talented kids. 2023, 12, 93MIN

The business of show: Molly, Ben and co

Films

CRIME THRILLER

Peaky Blinders: The Immortal Man

Available now, Netflix ★★★★

By Order of the Peaky Blinders, this is a must-watch for devotees of the Birmingham gangster saga. Now the show becomes a movie for its final chapter, and what a violent and thunderous farewell it is. Set against the terrors of 1940, with war tearing through Britain and bombs flattening Birmingham, the film finds former Peaky Blinders boss Tommy (Cillian Murphy) a haunted relic of his own legend, full of regrets and in self-imposed isolation.

Now in charge of his old Brummie stomping ground is Tommy's illegitimate son Duke (a sensational Barry Keoghan), the volatile new head of the gang. He thrives in the chaos, treating the wartime devastation as fertile ground for his gangland ambitions. Enter Kaulo Chirklo (Rebecca Ferguson), Duke's aunt, who visits Tommy at his rundown mansion and pleads for him to rein in his son, which finally drags the reluctant patriarch back into the fray.

While the film retains the series' signature style and anachronistic swagger, there's more sweeping cinematography and bigger explosive moments. But its triumph lies in this generational clash. While Murphy provides the gravitas of a faded chief, Keoghan storms the screen with a performance that's sharp, sly and gloriously unhinged. This fantastic denouement to the *Peaky Blinders* story ends not with a whimper but goes out in a blaze of glory. 2026, 18, 112MIN

Gatecrasher: Cillian

Hidden gems Great movies you might have missed...

DRAMA

Doubt

Paramount+ ★★★★

A cracking drama centring on an accusation by an all-too-authoritarian principal, Sister Aloysius (Meryl Streep), that charismatic progressive priest Father Flynn (Philip Seymour Hoffman) has sexually abused a student at their Catholic parochial school in New York in early-1964. The acting and writing is of an incredibly high standard in this exceptionally classy battle of wills, based on the Pulitzer and Tony-winning play by John Patrick Shanley. 2008, 15, 105MIN

ANIMATION

Onward

Disney+ ★★★★

A sweet and touching tale of fraternal love, this animated movie from Pixar sends a chalk-and-cheese pair of elf brothers – timid 16-year-old worrywart Ian (Tom Holland) and his brash, blundering elder brother Barley (Chris Pratt) – on an epic quest to spend one more day with their late father. It's a film that proves once again that what makes Pixar so special isn't just animation wizardry but the ability to plumb unexpected depths and shades of emotion. 2020, U, 107MIN

COMEDY HORROR

Sightseers

STUDIOCANAL Presents ★★★★

Imagine Mike Leigh taking an axe to his quietly gentle world of suburbia and you're almost there with Ben Wheatley's offbeat, gruesome, but often hilariously funny road movie. Odd-couple Alice Lowe and Steve Oram (who also wrote the screenplay) take a caravan trip around northern England, visiting inane museums and dabbling in a spot of murder when they encounter irritating litterlouts, pompous busybodies and stuck-up fellow travellers. 2012, 15, 88MIN

Saturday 21 March

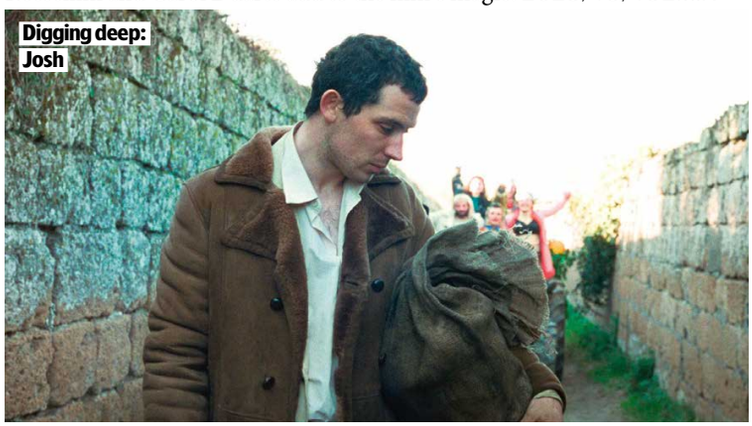
ADVENTURE

La Chimera

9.20pm, BBC4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This entrancing film stars Josh O'Connor as a grief-stricken archaeologist in early-1980s Tuscany who's fallen in with a ragtag gang of tomb robbers. While the gang happily exploits his uncanny gift for finding buried Etruscan treasures, he loses himself in reveries of his lost girlfriend. But hard-headed black-market criminals are lurking in the shadows. Anchored by O'Connor's soulful performance, this haunting movie weaves together elements of fable, mystery, carnivalesque comedy, culture-clash drollery and thriller-like suspense to spellbinding effect. Striking supporting turns by Isabella Rossellini and Carol Duarte add to the film's magic. 2023, 15, 132MIN



Digging deep: Josh

CLASSIC THRILLER

The Third Man

1pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Carol Reed's all-time great movie will always be remembered for two things: the catchy zither music score and Orson Welles' perfect first appearance in a shadowy doorway. As black marketeer Harry Lime, he's hardly on screen, yet his huge personality completely dominates this tangled tale of corruption and intrigue amid the ruins and fairs, shapes and shadows of early post-war Vienna. Joseph Cotten is an old friend on his trail, Trevor Howard is a British officer on the sidelines and Alida Valli is the woman Lime left behind. 1949, PG, 104MIN

COMEDY WHODUNNIT

See How They Run

6.55pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Just as Agatha Christie's *The Mousetrap* racks up its 100th performance on the London stage in the 1950s, the US movie director (Adrien Brody) set to adapt it for the screen is murdered backstage. Coppers Inspector Stoppard (Sam Rockwell) and Constable Stalker (Saoirse Ronan) investigate, and prove a delightfully likeable duo. And as relationship dynamics and backstories come to light in this captivating, chucklesome movie, everyone becomes a suspect, including David Oyelowo, Ruth Wilson and Reece Shearsmith. 2022, 12, 98MIN

SCI-FI COMEDY

Paul

9pm, Comedy Central ★★★★

Sex ●●● Violence ●●● Language ●●●

In this hilarious spoof of *E.T.*, writer-stars Simon Pegg and Nick Frost play nerdy British sci-fi fans touring America's UFO hot spots. They run into a foul-mouthed, pot-smoking, beer-drinking alien (voiced by Seth Rogen, a hoot) who's just escaped from a government facility. Joined by Kristen Wiig, Pegg and Frost help him to return home, while fleeing Jason Bateman's feds. The gags come thick and fast, as do the geeky in-jokes, and there are great cameos, too – look out for an actress famed for an iconic sci-fi role and a certain esteemed director. 2011, 15, 104MIN

DRAMA

Aftersun

11.45pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This beguiling drama transports you to a vividly evoked resort in 1990s Turkey with an 11-year-old (Frankie Corio) and her dad (Paul Mescal). Mescal is low-key superb, pulling off quiet, subtle moments that suggest a torment beneath the surface. Meanwhile, Corio is wonderful as our window into this world, giving a child's-eye-view of a life just outside her comprehension. What's unsaid hangs in the air and, as the film's emotional sucker punch manifests, it is an experience you won't forget in a hurry. 2022, 12, 102MIN

■ Full listings start on p35

Sunday 22 March

HORROR MYSTERY

Man Finds Tape

6.00am & 9.40pm, Sky Premiere ★★★★

Sex ●●● Violence ●●● Language ●●●

Shown a strange, but deeply disturbing CCTV videoclip by her brother Lucas (William Magnuson) of an incident from their Texas home town, documentary-maker Lynn (Kelsey Pribilski) starts to investigate. What she uncovers is beyond bizarre, with a supremely dodgy reverend (John Gholson) at the centre of the mystery. Taking in elements of found-footage and faux-documentary, and blending them with Lovecraftian horror, film-makers Paul Gandersman and Peter S Hall have created an absorbing enigma filled with terrifying curveballs. The result will not go where you expect – and it's a movie destined for cult status. 2025, 15, 84MIN

Control freak: John

ANIMATION

The Super Mario Bros Movie

3.05pm, ITV2 ★★★

Sex ●●● Violence ●●● Language ●●●

This outing for the videogame brothers has Mario (voiced by Chris Pratt) and Luigi (Charlie Day) as down-on-their-luck Brooklyn plumbers. They seize the chance to become heroes when a water main bursts, but are split up and end up in a mysterious kingdom. Mario sets off to save Luigi, meeting familiar faces along the way. The trim running time means it's underdeveloped, but the excellent voice cast (including Jack Black, Anya Taylor-Joy and Keegan-Michael Key) ensures for entertainingly zippy fun. 2022, PG, 92MIN

ANIMATION

Toy Story

6.05pm, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This first-ever feature-length computer animated film is still extraordinary. Favourite toy Woody the cowboy (voiced by Tom Hanks) is not happy when he's ousted by flashy new Buzz Lightyear (Tim Allen). The fact that Buzz thinks that he's a real spaceman cues the comedy, while stand out sequences include a trip to a fast food restaurant, a gang of toys mutilated by the bullying kid next door and the exciting finale. Funny, colourful and inventive, this is a classic family film and a must for anyone who's ever had a favourite toy. 1995, PG, 77MIN

PERIOD DRAMA

Victoria & Abdul

11.55pm, BBC2 (not NI) ★★★

Sex ●●● Violence ●●● Language ●●●

It's 1887, and Queen Victoria (a typically superb Judi Dench) is lonely and bored. Then handsome 24-year-old Abdul Karim (Ali Fazal) catches her eye at a stuffy banquet. His twinkly presence inspires her to bestow upon him greater and greater favour, which does not go down well with her snobbish household or her son, Bertie (Eddie Izzard). And when Abdul goes on to become the Queen's secretary and teach her Urdu, his enemies conspire to bring him down. This is a fascinating story but the unsubtle, broadly comic handling is clumsy. 2017, PG, 112MIN

COMEDY

The French Dispatch

12.05am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Wes Anderson's quirky movie is a beautifully crafted nod to old-school journalism. It is set in a fictional French town where Bill Murray runs the titular supplement. A whirlwind of cuts, juicy star appearances (one minute you're spotting Henry Winkler, the next you realise you missed Saoirse Ronan) and imaginative detail takes flight as we're led through the workings of the magazine and four articles with Owen Wilson, Tilda Swinton, Frances McDormand and Jeffrey Wright. 2021, 15, 107MIN

■ Full listings start on p45

Weekday movies over page

Monday 23 March

THRILLER

Black Bag

10.35am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

This sleek thriller stars Michael Fassebender as a steely, single-minded spy hunting for a mole in the British secret service. He has five suspects, including his wife and fellow agent (Cate Blanchett). Which would he put first: his country or his marriage? Tom Burke, Marisa Abela, Regé-Jean Page and Naomie Harris play the other characters keeping Fassbender and us puzzling, with Steven Soderbergh's smart, sharp thriller at its most tense in the scenes where they all gather at the same dinner table. 2024, 15, 94MIN

A feast for the spies: Cate and co

ADVENTURE

The Golden Compass

4pm, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

Dakota Blue Richards carries this lavish adaptation of Philip Pullman's best-selling *Northern Lights*, the first in the *His Dark Materials* trilogy. She's feisty orphan Lyra who, with shape-shifting pal Pantalaimon, is on a voyage to find a kidnapped friend with the help of a band of vagabond gypsies, a talking polar bear and a magical, truth-seeking compass. Nicole Kidman, Daniel Craig and Eva Green are on hand to help and hinder her. 2007, PG, 113MIN

THRILLER

Children of Men

9.55pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

This stunning, all-too-plausible thriller is set in a bleak 2027 where terrorism is rife, draconian immigration laws are brutally enforced and it's 18 years since a child was born. So it's a bit of an event that refugee Clare-Hope Ashitey is pregnant. Clive Owen is superb as a jaded former activist roped into a dangerous race through a nightmarish landscape to get this valuable commodity to safety. 2006, 15, 109MIN

ANIMATION

Sonic the Hedgehog 3

8pm, Sky Adventure ★★★

Sex ●●● Violence ●●● Language ●●●

An exciting mix of live-action and animation that is every bit as furiously manic and silly as Sonic's previous films. Jim Carrey is both mad scientist Dr Robotnik and his crazier grandfather, while the plot pitches Sonic (voiced by Ben Schwartz), Tails (Colleen O'Shaughnessy) and Knuckles (Idris Elba) against vengeful hedgehog Shadow (Keanu Reeves) who's putting the planet in peril. 2024, PG, 110MIN

DRAMA

An Officer and a Gentleman

12.05am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

In this unexpectedly gritty romantic drama, Richard Gere has one of his best roles as a trainee naval pilot who takes time out from his gruelling drill sessions to romance feisty factory worker Debra Winger. Gere's appearance in his blindingly white officer's uniform, sweeping Winger off her feet, is an essential 1980s film moment. 1981, 15, 125MIN

■ Full listings start on p55

Tuesday 24 March

ACTION

Mission: Impossible – The Final Reckoning

10.10pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise's final outing as daredevil spy Ethan Hunt is an overblown race to stop rogue AI, The Entity, triggering nuclear annihilation. Full of callbacks to previous films, this is needlessly convoluted, and a little dour, but it is still thoroughly entertaining. Simon Pegg, Ving Rhames, Hayley Atwell and co help out, while a breathtaking aerial stunt involving Cruise and a biplane is an absolute nail-biter and one of the best in the eight-film series. 2024, 12, 169MIN

One more turn: Tom

COMEDY

Zoolander

6.40am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

An endearing and hilarious comedy from director, co-writer and co-producer Ben Stiller. He also stars as a dim model brainwashed by couturier Will Ferrell into assassinating the Malaysian prime minister (Woodrow Asai) before he can outlaw garment sweatshops. Owen Wilson plays his catwalk rival and there are dozens of cameos from the likes of David Duchovny, Winona Ryder and David Bowie. 2001, 12, 89MIN

COMEDY THRILLER

American Made

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

In this breezy, fact-based action comedy, Tom Cruise plays Barry Seal, a skilled but jaded pilot-cum-cigar smuggler who is recruited by the CIA in the late-1970s to take reconnaissance photography of communist insurgents in Central America. Before long, he is acting as a go-between for the CIA with General Noriega in Panama and the Sandinistas in Nicaragua. There is a larky charm to Seal's escapades, before things turn scuzzy. 2017, 15, 115MIN

CLASSIC DRAMA

Heaven Knows, Mr Allison

12.45pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

In one of director John Huston's best movies, Deborah Kerr plays a nun who meets a tough, gruff US Marine (Robert Mitchum, perfectly cast) when they're both shipwrecked and fetch up on a Pacific island during World War Two. It's virtually a duologue, but, when the Japanese arrive, there's lots of action, adventure and drama as well. Kerr rated this as her own favourite film and she and Mitchum give first-class performances. 1957, PG, 100MIN

COMEDY THRILLER

Sew Torn

2.50am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

This darkly comic thriller sees mobile seamstress Eve Connolly stumble upon two near-dead bikers and a briefcase. Should she take the case, call the police, or drive away? Each scenario is played out as she tries to extricate herself from deadly situations with the use of spools of thread. It's enjoyably suspenseful and highly intriguing. 2024, 15, 100MIN

■ Full listings start on p65

Wednesday

HORROR

A Quiet Place: Day One

Starts today, Netflix ★★★★

Sex ●●● Violence ●●● Language ●●●

In this compelling, gripping and superbly acted prequel, Lupita Nyongo's terminally ill Sam is visiting New York – but the day is interrupted by the arrival of the blind aliens, which starts a panic… Emotionally strong

Day trip: Joseph and Lupita

COMEDY

Swede Caroline

11.25am & 3.05am, Sky Fun ★★★

Sex ●●● Violence ●●● Language ●●●

In this amusing British comedy, a wonderfully laconic Jo Hartley plays a prize giant marrow grower who dives down a crazy, many-layered conspiracy when her veggies are stolen. With help from oddball chums Celyn Jones and Richard Lumsden, as well as PIs and avid swingers Aisling Bea and Ray Fearon, she sets out to get to the root of the mystery. Belly laughs are rare, but this caper certainly entertains. 2024, 15, 97MIN

FAMILY

Stuart Little

6pm, Sky Family ★★★★★

Sex ●●● Violence ●●● Language ●●●

EB White's classic fantasy novel about a family who adopt a mouse is updated for a splendid screen adaptation that is packed with slapstick humour, adventure and suspense. Stuart is brought to life by CGI and given character by the voice of Michael J Fox. The Littles are portrayed by Geena Davis, Hugh Laurie and young Jonathan Lipnicki, but it is Nathan Lane, providing the tones of put-out puss Snowbell, who steals the show. 1999, U, 84MIN

25 March

but physically weak, Sam is helped by a winning friend, Frodo the cat, and in turn aids scared law student Eric (Joseph Quinn). The pair have a tangible connection – and with the end of Sam's life looming, along with many more, there are poignant reflections on mortality, memory and how we choose to live – and die. 2024, 15, 99MIN

BIOPIC

I Wanna Dance with Somebody

10.40pm, BBC1 (11.15pm Wales, 11.40pm N Ireland, 12.10am Scotland) ★★★★

Sex ●○○ Violence ○○○ Language ●●○

Naomi Ackie is spellbinding as Whitney Houston in a respectful biopic that follows her journey from gospel-loving teen to 'the greatest voice of a generation', as Stanley Tucci's record exec dubs her. From a rocky marriage to drug dependency, her struggles are explored, but the film swerves an all-too-easy seedy last act to end on the right kind of high. 2022, 12, 144MIN

PERIOD DRAMA

The Duchess

11.30pm, BBC2 (not N Ireland) ★★★★

Sex ●○○ Violence ●○○ Language ○○○

Keira Knightley and Ralph Fiennes are ideal as Georgiana Spencer, the vivacious 18th-century Duchess of Devonshire and her chillingly aloof older husband of convenience in this involving and informative slice of history. The vibrant script brings the characters to life, while the gorgeous locations and dazzling costumes look a treat. 2008, 12, 110MIN

■ Full listings start on p75

Thursday 26 March

COMEDY DRAMA

Licorice Pizza

12m't, BBC2 ★★★★

Sex ●○○ Violence ○○○ Language ●●○

This beautifully crafted comedy drama stars Cooper Hoffman as a 15-year-old child actor who falls for an aimless 25-year-old woman (Alana Haim) in 1973 California. Their funny, tender relationship is the spine of Paul Thomas Anderson's freewheeling ride that takes in real characters from the time (Bradley Cooper's take on hairstylist and producer Jon Peters is one for the ages). Hoffman and Haim are wonderful, creating real, relatable characters in a warm, hazy delight. 2021, 15, 133MIN

California dreamers: Cooper and Alana

COMEDY MUSICAL

Mamma Mia!

8.20am, Sky Cinema Comedy ★★★★

Sex ○○○ Violence ○○○ Language ○○○

A glitzy adaptation of ABBA's fabulous stage musical. Some of the vocals are ropey, but just let yourself be swept along by the sheer exuberance of it all. Meryl Streep kicks up a storm as a hippie running a hotel on a Greek island, whose daughter (Amanda Seyfried) is getting married and wants to meet her dad – so secretly invites her mother's ex-lovers (Pierce Brosnan, Colin Firth and Stellan Skarsgård). 2008, PG, 109MIN

DRAMA

Detroit

9.30am & 9.50pm, Sky Thriller ★★★★

Sex ○○○ Violence ●●○ Language ●●○

Kathryn Bigelow's incendiary fact-based drama thrusts us into the midst of the Detroit riots of 1967. Mixing archive footage and searing reconstructions, she immerses us in the fury, terror and confusion raging across the city. Amid an excellent cast, John Boyega is quietly charismatic as an anguished security guard caught up in the crisis, while Will Poulter oozes malevolence as a rogue cop. 2017, 15, 143MIN

DRAMA

The Sense of an Ending

9.30pm, BBC4 ★★★

Sex ●○○ Violence ○○○ Language ●○○

Jim Broadbent's divorced sixtysomething Tony leads an existence of curmudgeonly contentment until the arrival of a lawyer's letter stirs up memories of his school and university days. This adroit adaptation of Julian Barnes' Booker Prize-winning novel starts out as a fairly low-key portrait of mundane middle-class Londoners and turns into a gripping psychological mystery. 2017, 15, 108MIN

DRAMA

Boiling Point

11.45pm, Film4 ★★★★

Sex ○○○ Violence ○○○ Language ●●●

Stephen Graham cooks up a storm as head chef of a posh London restaurant on a big night who, even before customers arrive, is poised to explode, supply issues and hygiene inspectors among the problems on his plate. Writer-director Philip Barantini's bracingly sharp one-shot drama has to be admired and, from starter to disaster, Graham keeps us glued. 2021, 15, 92MIN

■ Full listings start on p85

Friday 27 March

COMEDY THRILLER

Neighborhood Watch

12.10pm & 2.25am, Sky Thriller ★★★★

Sex ○○○ Violence ●●○ Language ●●○

No one believes Simon (Jack Quaid) when he says he saw a young woman being kidnapped, due to his mental illness and years of hospitalisation. Thankfully, he forges a tentative alliance with his bitter, just as deluded ex-security guard neighbour Ed (Jeffrey Dean Morgan) to find the girl. A superb, lean thriller, this creates excellent characters for the lead actors to inhabit and they do so brilliantly. The bones of the tale may be familiar, but this is done so well and with such a rich sense of personality, you won't care. 2025, 15, 92MIN

To the rescue: Jack and Jeffrey

SUPERHERO

The Suicide Squad

9pm, ITV2 ★★★★

Sex ●○○ Violence ●●● Language ●●●

Only three additional letters separate James Gunn's *The Suicide Squad* from 2016's limp *Suicide Squad*. But you want the whole alphabet to explain how much better this film is. The ensemble cast (including Idris Elba and Margot Robbie) is immense fun, especially when the characters are enjoying hanging out together, while from the opening quick-fire raid to the climactic all-out assault, there's rarely a shortage of zippy action. 2021, 15, 132MIN

THRILLER

Femme

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Nathan Stewart-Jarrett stars as drag artist Jules who, three months after a terrible homophobic attack, spots the perpetrator, thug Preston (George MacKay), in a gay sauna. They begin a relationship, but is Jules out for revenge, falling in love, or a toxic cocktail of the two? Their scenes have an intensifying sense of danger in an impressive, great-looking and brilliantly acted thriller that feels genuinely fresh. 2023, 18, 99MIN

SCI-FI MYSTERY

Predestination

11.20pm, GREAT! action ★★★★

Sex ●○○ Violence ●●○ Language ●●○

Dogged crimefighter Ethan Hawke hops through time to prevent future crimes. But what's the connection between his final mission, stopping a terrorist attack in 1975 New York, and the incredible life story he draws out of a bitter barfly (Sarah Snook) in 1970? This intricate sci-fi packs a punch and, even if you spot the big twist, it's a thoroughly gripping and compelling puzzle. 2014, 15, 95MIN

HORROR

It Feeds

3.20am, Sky Sci-Fi/Horror ★★★

Sex ○○○ Violence ●●○ Language ●●○

Psychic therapist Ashley Greene is able to interact with a person's subconscious, but when a desperate girl seems to have a demonic presence attached to her, she turns the kid away. But her concerned teen daughter (Ellie O'Brien) secretly goes to help the girl, with terrible consequences... A smart, unusual Canadian chiller. 2025, 15, 102MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Harry Wilson and Daniel Ballard

World Cup play-offs

Wales and **Northern Ireland** target a place in this summer's finals

THE MAIN EVENT

LIVE FOOTBALL

Thursday, kick-offs 7.45pm, BBC1, BBC2, BBC3 & S4C

With 42 of the 48 places in the World Cup finals already taken, the remaining six spots are set to be decided before the end of March.

That includes four places for European nations, with both Wales and Northern Ireland still gunning for qualification as they seek to join England and Scotland across the Atlantic this summer.

In Thursday's one-legged play-off semi-finals, Wales meet Bosnia & Herzegovina in Cardiff, while Northern Ireland travel to Bergamo to face Italy. If both home nations win, they will meet in a play-off final in Cardiff on Tuesday 31 March to decide which country will be playing in the USA, Canada and Mexico in June.

Here, we look ahead to the two crucial semi-finals…

Wales v Bosnia & Herzegovina

Thursday, kick-off 7.45pm, BBC2 (Wales, BBC1; not N Ireland) & S4C

The Cardiff crowd will be roaring on their heroes as Wales bid to qualify for a second successive World Cup after ending a 64-year drought at Qatar 2022. That experience should stand Craig Bellamy (right) and his squad in good stead, including Harry Wilson, who grabbed five group goals as the Dragons finished behind Belgium.

Wales have enjoyed play-off success before, in qualifying for the 2022 World Cup, but have never beaten their opponents in any of their previous four meetings. Coached by Sergej Barbarez, Bosnia & Herzegovina finished runners-up behind Austria in their qualifying group and have a proven goalscorer in former Manchester City striker Edin Džeko, now aged 40, who scored five times in qualifying. 'I've seen a lot of strengths from them', says Bellamy. 'But I've seen a lot of weaknesses as well'.

Italy v Northern Ireland

Thursday, kick-off 7.45pm, BBC3 & BBC1 (N Ireland only)

Northern Ireland travel to Italy to take on the four-time world champions, who are in danger of missing out on the World Cup finals for a third consecutive time. The nations have met 11 times, with Northern Ireland winning only once, in 1958, but coach Michael O'Neill (right) believes the choice of venue – Atalanta's Bergamo stadium, with a capacity of just 25,000 – will suit his squad, which includes Sunderland's Daniel Ballard.

'The majority of the squad play outside the Premier League and are used to that size of stadium. They won't be exposed to the San Siro or Stadio Olimpico, so we will feel at home in Bergamo', says O'Neill, who hopes to lead his country to their first finals since 1986. 'It's an opportunity – we are two games away from the World Cup'.

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

Viktor Gyökeres and Troy Parrott

WHO ELSE CAN QUALIFY?

The Republic of Ireland are aiming for a first World Cup finals since 2002 after a last-gasp winner from Troy Parrott in their final qualifying match earned Heimir Hallgrímsson's side a play-off semi-final against Czech Republic in Prague. The winners will have home advantage against Denmark or North Macedonia in the final.

Romania haven't made the World Cup finals for 28 years as 80-year-old coach Mircea Lucescu takes his side to Istanbul to face Turkey, who he coached from 2017 to 2019. The winners then play Slovakia or a Kosovo side targeting their first major finals.

Now coached by former Brighton, Chelsea and West Ham boss Graham Potter, Sweden will be hoping Arsenal striker Viktor Gyökeres can fire his side past Ukraine in Valencia. Poland or Albania await the winners.

Outside Europe, there are two other places up for grabs in the Inter-Confederation play-offs, which are all being staged in Mexico. New Caledonia (population 300,000) take on Jamaica, who parted company with coach Steve McClaren after missing out on automatic qualification. The winner face DR Congo in the final. Meanwhile, Bolivia play Suriname – who could become the lowest-ranked team to ever qualify for the tournament – with the winner facing Iraq in the final.

England keeper Jordan Pickford

LIVE FOOTBALL

England v Uruguay

Friday, kick-off 7.45pm, ITV1

The Three Lions play their first match of 2026 as Thomas Tuchel's side warm up for the World Cup finals against fellow qualifiers Uruguay at Wembley. England goalkeeper Jordan Pickford has gone 10 games and more than 17 months without conceding for the national team, with Tuchel yet to see the Everton shotstopper let in a goal during his tenure. Only Peter Shilton, with a record 125 caps, has played more times in goal for England than Pickford, who will win his 82nd cap if he is selected on Friday. Uruguay – grouped with Spain, Cape Verde and Saudi Arabia at the World Cup – are coached by former Leeds United boss Marcelo Bielsa and have Manchester United benchwarmer Manuel Ugarte in their squad.

Marcelo Bielsa

LIVE BASEBALL

San Francisco Giants v New York Yankees

Wednesday, Netflix & TNT Sports 1

Netflix have signed a three-year deal with Major League Baseball to screen a selection of live games across the season, beginning with the Opening Night contest between the Giants and the Yankees from Oracle Park, California. The Yankees, led by superstar outfielder Aaron Judge, who earns $40million a year, will have their sights set on winning the World Series for the first time since 2009, while the Giants – whose squad includes pitcher Ryan Walker – claimed their most recent crown in 2014. Last year, the Los Angeles Dodgers defeated the Toronto Blue Jays to win back-to-back World Series titles.

Yankees star Aaron Judge

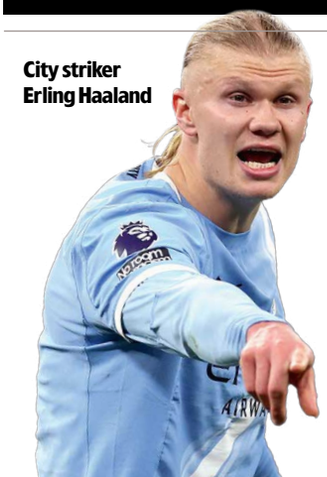
Great Britain's Josh Kerr

LIVE ATHLETICS

World Indoor Championships

Saturday & Sunday, BBC2

There are plenty of British stars to cheer on over the competition's final two days in Poland. On Saturday, middle-distance runner Josh Kerr, the 2023 world champion over 1,500m, will attempt to regain the men's 3,000m title he won in Glasgow two years ago. On Sunday, Olympic champion Keely Hodgkinson goes for gold in the women's 800m, while Georgia Hunter Bell and Jemma Reekie race in the women's 1,500m.



City striker Erling Haaland

LIVE FOOTBALL

EFL Cup Final

Sun, kick-off 4.30pm, ITV1, Sky One, Sky Sports Main Event & Sky Sports Football

Premier League giants Arsenal and Manchester City put their title rivalry aside as they battle it out for the domestic season's first major silverware. Erling Haaland has scored in the sides' last three meetings, while Pep Guardiola is without cup-tied defender Marc Guéhi. The City coach is seeking his 19th trophy since taking charge in 2016 – his first came in this competition in 2018 when Arsenal boss Mikel Arteta was his assistant.

Sport A-Z and football planner »»

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James W ★★★★★ feefo

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Sport week A-Z GUIDE

ATHLETICS

LIVE World Indoor Championships
Sat 9am & 5.15pm, Sun 9am & 5pm BBC2
Days two and three. See p29.

AUSTRALIAN RULES

LIVE Port Adelaide Power v Essendon Bombers
Sat 4am TNT Sports 4

LIVE West Coast Eagles v North Melbourne Kangaroos
Sun 7am TNT Sports 4

LIVE Geelong Cats v Adelaide Crows
Thu 8.30am TNT Sports 1

LIVE Collingwood Magpies v GWS Giants
Fri 8.30am TNT Sports 1

LIVE St Kilda Saints v Brisbane Lions
Fri 1.30am TNT Sports 1

LIVE Fremantle Dockers v Richmond Tigers
Fri 5.15am TNT Sports 1

BASEBALL

LIVE San Francisco Giants v New York Yankees
Wed 12m't TNT Sports 1 & Netflix
MLB inter-league match. See p29.

LIVE New York Mets v Pittsburgh Pirates
Thu 5pm TNT Sports 1

LIVE Los Angeles Dodgers v Arizona Diamondbacks
Thu 12.30am TNT Sports 1

LIVE San Francisco Giants v New York Yankees
Fri 8.30pm TNT Sports 3

BASKETBALL

LIVE Washington Wizards v Oklahoma City Thunder
Sat 9pm Sky Sports Action

LIVE Denver Nuggets v Portland Timbers
Sun 9pm Sky Sports Action

LIVE Boston Celtics v Minnesota Timberwolves
Sun 11pm Sky Sports Mix & 11.30pm Sky Sports Action

LIVE Miami Heat v San Antonio Spurs
Mon 10pm Sky Sports Action & 11pm Sky Sports+

LIVE Dallas Mavericks v Golden State Warriors
Mon 1.30am Sky Sports Action & Sky Sports+

Rugby union
On Sunday, Emma Sing and her Gloucester-Hartpury teammates face Loughborough Lightning

LIVE Cleveland Cavaliers v Orlando Magic
Tue 11pm Sky Sports Action

LIVE Phoenix Suns v Denver Nuggets
Tue 3am Sky Sports Action & Sky Sports+

LIVE Orlando Magic v Sacramento Kings
Thu 11pm Sky Sports Action & Sky Sports+

COMBAT SPORTS

LIVE Fight Night Prelims
Sat 6pm TNT Sports 1

LIVE Lerone Murphy v Movsar Evloev
Sat 8pm TNT Sports 1
Featherweight bout at the O2 Arena.

CRICKET

LIVE New Zealand v South Africa
Sat 1.30am TNT Sports 2
The fourth women's T20.

LIVE New Zealand v South Africa
Sun 6am TNT Sports 2
The fourth men's T20 in Wellington.

LIVE New Zealand v South Africa
Tue 1.30am & Wed 6am TNT Sports 1
The fifth and final men's T20 at Hagley Oval.

CURLING

LIVE Women's World Championship
Sat 10pm TNT Sports 2
A semi-final in Calgary.

LIVE Women's World Championship
Sun 9pm TNT Sports 2
The final at Markin MacPhail Centre.

CYCLING

LIVE Milan San Remo
Sat 8.30am TNT Sports 4

LIVE Grand Prix Monsere
Sun 2.30pm TNT Sports 4

LIVE Tour of Catalunya
Mon, Tue & Thu 2.15pm, Wed 2.45pm, Fri 1.15pm TNT Sports 1

LIVE Tour of Bruges
Wed & Thu 2.15pm TNT Sports 2

LIVE E3 Saxo Classic
Fri 3.15pm TNT Sports 1

DARTS

LIVE Premier League
Thu 6pm Sky Sports Main Event & Sky Sports Action
The eighth night at Uber Arena.

EQUESTRIAN

LIVE League of Nations
Sat 11.15pm TNT Sports 3

GOLF

LIVE Australian WPGA Championship
Sat 6am & 3am Sky Sports Main Event, 6am & 2am Sky Sports Golf
Days three and four in Queensland.

LIVE LIV Golf
Sat & Sun 9.30am TNT Sports 3
Days three and four of the fifth round of the season in South Africa.

LIVE Valspar Championship
Sat & Sun 11.45am Sky Sports Golf
Days three and four in Florida.

LIVE Fortinet Founders Cup
Sat & Sun 10pm Sky Sports Golf
Days three and four at Sharon Heights in California.

LIVE TGL
Mon 1am Sky Sports Golf
The first match of the Finals Series.

LIVE TGL
Tue 11pm Sky Sports Golf
The second match of the Finals Series.

LIVE TGL
Tue 1am Sky Sports Golf
The third and final match of the Finals Series from Palm Beach.

LIVE Hero Indian Open
Thu 7.30am & Fri 8am Sky Sports Main Event; Thu & Fri 7.30am Sky Sports Golf
Days one and two held at DLF Golf and Country Club in New Delhi.

LIVE Houston Open
Thu 12.30pm, Fri 12.30pm & 10.15pm Sky Sports Main Event; Thu & Fri 12.30pm Sky Sports Golf
Days one and two in Houston, Texas.

LIVE Ford Championship
Thu & Fri 11pm Sky Sports Golf
Days one and two from Phoenix.

HORSE RACING

LIVE Newbury
Sat 12.45pm ITV4

LIVE Friday Night Live: Newcastle
Fri 5.15pm ITV4

ICE HOCKEY

LIVE Montreal Canadiens v New York Islanders
Sat 11pm Premier Sports 2

LIVE Edmonton Oilers v Tampa Bay Lightning
Sat 2am Premier Sports 1

LIVE Utah Mammoth v Los Angeles Kings
Sun 1am Premier Sports 2

LIVE New York Rangers v Ottawa Senators
Mon 11.30pm Premier Sports 2

LIVE Montreal Canadiens v Carolina Hurricanes
Tue 11pm Premier Sports 2

LIVE Vancouver Canucks v Anaheim Ducks
Tue 2am Premier Sports 1

LIVE Buffalo Sabres v Boston Bruins
Wed 11pm Premier Sports 2

LIVE Toronto Maple Leafs v New York Rangers
Wed 11.30pm Premier Sports 1

LIVE Florida Panthers v Minnesota Wild
Thu 11pm Premier Sports 2

LIVE Vancouver Canucks v Los Angeles Kings
Thu 2am Premier Sports 1

LIVE Buffalo Sabres v Detroit Red Wings
Fri 11pm Premier Sports 1

LIVE New York Rangers v Chicago Blackhawks
Fri 11pm Premier Sports 2

MOTORCYCLING

LIVE MotoGP
Sat 11.30am TNT Sports 2
The Grand Prix of Brazil Moto3 and Moto2 second free practice sessions.

LIVE MotoGP
Sat 1pm TNT Sports 2
Grand Prix of Brazil MotoGP second free practice and qualifying sessions.

LIVE MotoGP
Sat 3.45pm TNT Sports 2
The Grand Prix of Brazil Moto3 and Moto2 qualifying sessions.

LIVE MotoGP
Sat 5.45pm TNT Sports 2
Grand Prix of Brazil sprint race.

LIVE MotoGP warm-up
Sun 1.30pm TNT Sports 2

LIVE Grand Prix of Brazil Moto3 race
Sun 2pm TNT Sports 2

LIVE Grand Prix of Brazil Moto2 race
Sun 4pm TNT Sports 2

LIVE Grand Prix of Brazil MotoGP race
Sun 5.15pm TNT Sports 2
The second round of the season.

LIVE MotoGP
Fri 2pm & 6.15pm TNT Sports 2
Grand Prix of the Americas MotoGP, Moto2 and Moto3 practice sessions.

MOTORSPORT

LIVE NASCAR
Sun 6pm Premier Sports 2

LIVE Formula 1
Thu 2am Sky Sports Main Event & Sky Sports F1
Japanese Grand Prix first practice.

LIVE Formula 1
Thu 5.45am Sky Sports Main Event & Sky Sports F1
Japanese Grand Prix second practice.

LIVE World Superbikes
Fri 10.15am, 2pm & 3pm TNT Sports 3

LIVE Women's Circuit Racing
Fri 1.30pm TNT Sports 3

LIVE Indycar
Fri 7.30pm Sky Sports F1

LIVE Formula 1
Fri 2.15am Sky Sports Main Event & Sky Sports F1
Japanese Grand Prix third practice.

LIVE Formula 1
Fri 5am Sky Sports Main Event & Sky Sports F1
Japanese Grand Prix qualifying.

RUGBY LEAGUE

LIVE South Sydney Rabbitohs v Wests Tigers
Sat 8.30am Sky Sports Action

LIVE Warrington Wolves v Castleford Tigers
Sat 2.45pm BBC2 (kick-off 3pm)
Super League coverage.

LIVE Castleford Tigers v Bradford Bulls
Thu 7.30pm Sky Sports+ (kick-off 8pm)
Super League from Wheldon Road.

LIVE Brisbane Broncos v Dolphins
Fri 9am Sky Sports Action

LIVE Hull Kingston Rovers v St Helens
Fri 7.30pm Sky Sports Main Event & Sky Sports Action (kick-off 8pm)
Super League game at Craven Park.

RUGBY UNION

LIVE Moana Pasifika v Crusaders
Sat 6am Sky Sports+

LIVE Waratahs v Blues
Sat 8.30am Sky Sports+

LIVE Lions v Edinburgh
Sat 12noon Premier Sports 2 (kick-off12.45pm)
United Rugby Championship game.

LIVE Sharks v Munster
Sat 2.45pm Premier Sports 2 (kick-off 3pm)
United Rugby Championship action.

LIVE Benetton v Ospreys
Sat 2.55pm Premier Sports 1 (kick-off 3pm)
United Rugby Championship fixture.

LIVE Exeter Chiefs v Sale Sharks
Sat 3pm TNT Sports 1 (kick-off 3.05pm)
Prem coverage from Sandy Park.

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LIVE Ayr v Currie Chieftains
Sat 4pm BBC Alba (kick-off 4.15pm)

LIVE Glasgow Warriors v Leinster
Sat 5pm Premier Sports 1 (kick-off 5.30pm)
United Rugby Championship match.

LIVE Loughborough Lightning v Gloucester-Hartpury
Sun 12noon TNT Sports 1 (kick-off 12.15pm)
Women's Premiership match from Franklin's Gardens.

LIVE Stormers v Dragons
Sun 12.30pm Premier Sports 2 (kick-off 1pm)
United Rugby Championship action.

LIVE Leicester Tigers v Bristol Bears
Sun 2.30pm TNT Sports 1 (kick-off 3pm)
Prem coverage from Welford Road.

LIVE Moana Pasifika v Highlanders
Fri 6am Sky Sports+

LIVE Brumbies v Waratahs
Fri 8.30am Sky Sports+

LIVE Sharks v Cardiff
Fri 4.30pm Premier Sports 2 (kick-off 5pm)
United Rugby Championship action.

LIVE Newcastle Red Bulls v Exeter Chiefs
Fri 7pm TNT Sports 1 (kick-off 7.45pm)
A Prem match at Kingston Park.

LIVE Leinster v Scarlets
Fri 7pm Premier Sports 1 & 7.30pm S4C (kick-off 7.45pm)
United Rugby Championship game.

LIVE Glasgow Warriors v Benetton
Fri 7.15pm Premier Sports 2 (kick-off 7.45pm)
United Rugby Championship fixture.

LIVE Hurricanes v Reds
Fri 3.30am Sky Sports+

SKIING

LIVE Alpine Skiing
Sat 9.30am, Sun 11.15am, Wed 8.15am TNT Sports 2; Sun 9.30am & Tue 8.15am & 11.15am, Wed 11.15am TNT Sports 1

LIVE Ski Jumping
Sat 3.45pm TNT Sports 3; Sun 4.15pm & Fri 1.45pm TNT Sports 4; Thu 9am TNT Sports 2

LIVE Cross Country Skiing
Sat 4.45pm & Sun 6.15pm TNT Sports 4; Sun 4.15pm TNT Sports 3

SNOOKER

LIVE World Open
Sat & Sun 6am TNT Sports 1; Sun 11.30am TNT Sports 4
The semi-finals and final in Yushan.

TENNIS

LIVE Miami Open
Sat 3pm & 10.45pm, Sun 9pm, Mon & Tue 3pm, Wed 4.30pm, Thu 10pm & Fri 11pm Sky Sports Main Event; Sat-Tue 3pm, Fri 5pm Sky Sports+; Sat-Tue 3pm, Wed & Thu 4.30pm, Fri 5pm Sky Sports Tennis
Days five to 11 at Hard Rock Stadium.

WINTER SPORTS

LIVE Biathlon
Sun 12.30pm TNT Sports 2 & 3.30pm TNT Sports 4

Football planner

Saturday 21

LIVE Melbourne Victory v Central Coast Mariners
6am TNT Sports 2 (kick-off 6am)
The A-League game at AAMI Park.

LIVE Ipswich Town v Millwall
11am Sky Sports Main Event & Sky Sports Football, 12noon ITV1 (kick-off 12.30pm)
Championship from Portman Road.

LIVE Brighton & Hove Albion v Liverpool
11am TNT Sports 1 (kick-off 12.30pm)
Premier League at Falmer Stadium.

LIVE Manchester City v Tottenham Hotspur
11.30am Sky Sports Premier League (kick-off 12noon)
The Women's Super League match at Joie Stadium.

LIVE London City v Chelsea
11.30am Sky Sports Mix (kick-off 11.55am)
The Women's Super League game at Hayes Lane.

LIVE Blackburn Rovers v Middlesbrough
12.25pm Sky Sports+ (kick-off 12.30pm)
Championship at Ewood Park.

LIVE Everton v Chelsea
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
The Premier League fixture at Hill Dickinson Stadium.

LIVE Swansea City v Coventry City
5pm Sky Sports Football (kick-off 5.15pm)
Championship coverage.

LIVE Rangers v Aberdeen
5.15pm Premier Sports 2 (kick-off 5.45pm)
Scottish Premiership game at Ibrox.

LIVE Borussia Dortmund v Hamburg SV
5.20pm Sky Sports Mix (kick-off 5.30pm)
Bundesliga at Signal Iduna Park.

LIVE Juventus v Sassuolo
7.30pm TNT Sports 2 (kick-off 7.45pm)
Serie A fixture at Allianz Stadium.

LIVE Leeds United v Brentford
7.55pm Sky One (kick-off 8pm)
Premier League at Elland Road.

LIVE Sevilla v Valencia
8pm Disney+ (kick-off 8pm)
The LaLiga match from Ramón Sánchez-Pizjuán Stadium.

LIVE Sao Paulo v Palmeiras
11.55pm Premier Sports 1 (kick-off 12m't)
Brasileiro Serie A.

LIVE Canberra United Women v Adelaide United Women
3am TNT Sports 3 (kick-off 3am)
A-League game at McKellar Park.

LIVE Sydney FC v Newcastle Jets
4am TNT Sports 1 (kick-off 4am)
A-League game at Allianz Stadium.

LIVE Western Sydney Wanderers Women v Melbourne City Women
5am TNT Sports 3 (kick-off 5am)
The A-League match from Sydney.

LIVE PREMIER LEAGUE

Newcastle United v Sunderland

Sunday, kick-off 12noon, Sky Sports Main Event & Sky Sports Premier League

There hasn't been much to choose between the North East rivals this season. The Black Cats took the points at the Stadium of Light in December after an own goal from the Magpies' Nick Woltemade.

LIVE PREMIER LEAGUE

Tottenham Hotspur v Nottingham Forest

Sunday, kick-off 2.15pm, Sky Sports Main Event

Tottenham will have defender Micky van de Ven back for this crucial six-pointer after his red card against Crystal Palace. Spurs are in real danger of a first relegation since 1977, having last won a home league match in early December.

LIVE WOMEN'S CHAMPIONS LEAGUE

Arsenal v Chelsea

Tue, k-o 8pm, BBC2 & Disney+

Champions League top scorer Alessia Russo will want to continue her scoring streak as holders Arsenal take on their WSL rivals at the Emirates in the first leg of their quarter-final. On Wednesday, Manchester United host Bayern Munich (k-o 8pm, Disney+).

Sunday 22

LIVE Newcastle United v Sunderland
11am Sky Sports Main Event & Sky Sports Premier League (kick-off 12noon)
Premier League at St James' Park.

LIVE Dundee United v Celtic
11.30am Sky Sports Football (kick-off 12.30pm)
The Scottish Premiership match at Tannadice Park.

LIVE Brighton & Hove Albion v Liverpool
11.50am Sky Sports+, Sky Sports Mix & Sky One (kick-off 12noon)
The Women's Super League game.

LIVE Barcelona v Rayo Vallecano
12.55pm Premier Sports 1 (kick-off 1pm)
LaLiga match at Camp Nou.

LIVE Tottenham Hotspur v Nottingham Forest
2pm Sky Sports Main Event (kick-off 2.15pm)
The Premier League match at Tottenham Hotspur Stadium.

LIVE Aston Villa v West Ham United
2pm Sky Sports Premier League (kick-off 2.15pm)
Premier League fixture at Villa Park.

LIVE Leicester City v Aston Villa
2.15pm BBC2 (kick-off 2.45pm)
The Women's Super League game.

LIVE Celta Vigo v Alaves
3.10pm Premier Sports 1 (kick-off 3.15pm)
LaLiga at Estadio Abanca-Balaídos.

LIVE Arsenal v Manchester City
3.30pm ITV1, Sky Sports Football & Sky One, 4.15pm Sky Sports Main Event (kick-off 4.30pm)
The EFL Cup final from Wembley Stadium, as the title rivals battle to claim the first major piece of silverware this season. See p29.

LIVE Groningen v AZ Alkmaar
3.40pm Premier Sports 2 (kick-off 3.45pm)
The Eredivisie match at Euroborg.

LIVE Rangers v Glasgow City
4pm BBC Alba (kick-off 4.10pm)
Scottish Women's Premier League match at Broadwood Stadium.

LIVE Athletic Bilbao v Real Betis
5.25pm Premier Sports 1 (kick-off 5.30pm)
The LaLiga match at San Mamés.

LIVE Chicago Red Stars v Kansas City Current
6pm TNT Sports 3 (kick-off 6pm)
NWSL match at Martin Stadium.

LIVE Fiorentina v Inter Milan
7.30pm TNT Sports 1 (kick-off 7.45pm)
Serie A at Stadio Artemio Franchi.

LIVE Real Madrid v Atlético Madrid
7.55pm Premier Sports 1 (kick-off 8pm)
The LaLiga match from Bernabeu.

LIVE Boca Juniors v Instituto
10.55pm Premier Sports 1 (kick-off 11pm)
Argentine Primera Division match.

Monday 23

LIVE Baller League
5pm Sky Sports+ & Sky Sports Mix
Six-a-side competition at the Copper Box Arena, London.

Tuesday 24

LIVE Wolfsburg v Lyon
5.45pm Disney+ (kick-off 5.45pm)
The Women's Champions League quarter-final first leg at AOK Stadion.

LIVE Arsenal v Chelsea
7.30pm BBC2 & 8pm Disney+ (kick-off 8pm)
The Women's Champions League quarter-final first leg. Reigning champions Arsenal are appearing in a record 17th quarter-final.

Wednesday 25

LIVE Central Coast Mariners Women v Wellington Phoenix Women
8am TNT Sports 3 (kick-off 8am)
The A-League match in Gosford.

LIVE Real Madrid v Barcelona
5.45pm Disney+ (kick-off 5.45pm)
The Women's Champions League quarter-final first leg in Madrid.

LIVE Manchester United v Bayern Munich
8pm Disney+ (kick-off 8pm)
The Women's Champions League quarter-final first leg at Old Trafford.

LIVE NJ/NY Gotham FC v Denver Summit
11pm TNT Sports 2 (kick-off 11pm)
The NWSL match in New Jersey.

Thursday 26

LIVE Italy v Northern Ireland
7pm BBC1 (N Ireland only) & 7.05pm BBC3 (kick-off 7.45pm)
The World Cup play-off semi-final in Bergamo, as the teams compete for the chance to face Wales or Bosnia and Herzegovina for a place in the World Cup finals. See p28.

LIVE Wales v Bosnia and Herzegovina
7.10pm BBC1 (Wales only), 7.20pm S4C & 7.30pm BBC2 (not Wales/N Ireland) (kick-off 7.45pm)
The World Cup play-off semi-final at Cardiff City Stadium. Wales are looking to qualify for their second successive World Cup finals, having qualified in 2022 for the first time since 1958, while their opponents' only previous appearance in the finals was in 2014. See p28.

Friday 27

LIVE Brisbane Roar Women v Perth Glory Women
8am TNT Sports 2 (kick-off 8am)
A-League match at Spencer Park.

LIVE England v Uruguay
7pm ITV1 (kick-off 7.45pm)
The international friendly at Wembley Stadium, as both teams continue their preparations for this summer's World Cup. Their last meeting was in the group stage of the 2014 World Cup, when a brace by Luis Suarez gave Uruguay a 2-1 win. Suarez has recently retired from international football, but the South Americans are still likely to test Thomas Tuchel's men. With analysis from Roy Keane and Ian Wright, and commentary by Sam Matterface and Lee Dixon. See p29.

LIVE Inverness Caledonian Thistle v Queen of the South
7.35pm BBC Alba (kick-off 7.45pm)
The Scottish League One match.

LIVE Adelaide United Women v Newcastle Jets Women
3.45am TNT Sports 2 (kick-off 3.45am) A-League.

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Saturday

21 March

Evening Planner

Football

Premier League
TNT Sports 1 & Sky Sports
The weekend's top-flight action kicks off with Brighton v Liverpool, Everton v Chelsea and Leeds v Brentford.

Entertainment

Celebrity Sabotage
ITV1, 8pm
GK Barry, Joel Dommett, Judi Love and Sam Thompson prank a whole audience into thinking they're on a real TV show.

Drama

La Chimera
BBC4, 9.20pm
Josh O'Connor stars as a grief-stricken archaeologist in Tuscany who dabbles in grave robbing. With Isabella Rossellini.

Comedy

Saturday Night Live UK
Sky One, 10pm
Fifty years on from the first US *SNL*, we finally get a British version – the first celebrity host rumoured to be Tina Fey.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	◂ 6.45 Michael McIntyre's The...	7.45 The Weakest Link...		8.30 Casualty		9.15 The Walsh Sisters	10.10 News	10.30 Match of the...
	102 BBC2	◂ 5.15 Athletics: World Indoor Championships – Live: Coverage of day two			8.45 Comic Relief's Hits and Hidden Gems...		9.45 TOTP 1987: Big Hits		
	103 ITV1	◂ 6.45 Britain's Got Talent		8.00 Celebrity Sabotage		9.00 The 1% Club		10.00 The Jonathan Ross Show	
	104 CHANNEL 4	7.00 The Race for Ancient Egypt in Colour		8.00 The Roman Empire by Train with...		9.00 Bill Bailey's Vietnam		10.00 Film: Mission: Impossible – Rogue...	
	105 5	◂ 6.30 Open All Hours: 50 Years of Laughter		8.00 Lip-Reading the Royals: What Are...		9.00 The Forgotten Prince: The Mystery of the...		10.10 1974: Most Shocking Moments	
	106 SKY ONE	◂ 5.00 Film: The Hobbit: The Battle of...		7.55 SNF – Live: Leeds United v Brentford (Kick-off 8.00)				10.00 Saturday Night Live UK	
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.30 Ghosts		9.30 Mrs Brown's Boys		10.30 Film: Alan...
	116 BBC4	7.00 Natural World: Butterflies...	7.45 The Good Old Days		8.30 Hetty Wainthropp Investigates	9.20 Film: La Chimera			
	118 ITV2	◂ 6.40 Film: Tomb Raider				9.00 Film: Meet the Parents			
	136 MORE4	◂ 6.55 Four in a Bed		8.00 24 Hours in A&E					
	135 E4	◂ 6.45 Film: Jumanji: Welcome to the Jungle				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Caught on Dashcam		10.00 Elsbeth	
	108 SKY ATLANTIC	◂ 6.45 Game of Thrones				9.00 I Hate Suzie			10.25 The Fear Index
	110 U&GOLD	7.00 Only Fools and Horses				9.00 I'm Alan Partridge			10.15 Only Fools and Horses
	111 U&DAVE	7.00 Would I Lie to You?				9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	◂ 6.25 Film: The Spy Who Loved Me				9.00 English Football League Highlights			10.30 Wrestling...
	112 COMEDY CENTRAL	◂ 6.50 Friends				9.00 Film: Paul			
	145 SKY SCI-FI	7.00 Star Trek: Voyager							
	143 U&DRAMA	7.00 The Brokenwood Mysteries				9.00 Whitechapel		10.00 The Inspector Lynley Mysteries	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS		7.15 Johnny Cash: A Legend in...	8.05 Johnny Cash Live at Montreux			9.30 Film: For a Few Dollars More		
	132 U&W	7.00 Nurses on the Ward				9.00 The Catherine Tate Show			
DOCUMENTARY	125 DISCOVERY	7.00 Ed Stafford's Rite of Passage		8.00 Maine Cabin Masters		9.00 Ed Stafford's Rite of Passage		10.00 Curse of the Bermuda Triangle	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People		10.00 Tanked	
	129 NAT GEO	7.00 World War II: Secrets from Above		8.00 World War II: The Apocalypse				10.00 Nazi Megastructures	
	123 SKY HISTORY	7.00 Secrets of the Lost Liners				9.00 Hitler's Secret Sex Life			
	155 U&YESTERDAY	7.00 Inside Bentley: A Great British Motorcar		8.00 Bangers & Cash		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 Chernobyl: The Lost Tapes				9.00 Super/Man: The Christopher Reeve Story			
FILMS - Sky Cinema	301 PREMIERE	◂ 6.00 Materialists		8.00 Nobody 2			9.45 On Swift Horses		
	302 ADVENTURE	◂ 5.30 Aquaman		8.00 Venom				10.05 Batman & Robin	
	303 MIDDLE EARTH	◂ 6.20 The Hobbit: The Desolation of Smaug				9.05 The Hobbit: The Battle of the Five Armies			
	307 GREATS	◂ 5.50 Jaws		8.00 Jaws 2				10.00 Jaws 3	
	312 ANIMATION	◂ 6.00 Despicable Me 4	7.50 The Wild Robot				9.45 The Emoji Movie		
	304 FAMILY	◂ 6.00 Teenage Mutant Ninja Turtles	7.50 E.T. The Extra Terrestrial					9.55 Paul Blart: Mall Cop	
	306 ACTION	◂ 5.30 Wonder Woman		8.00 Transformers: Age of Extinction					
	308 COMEDY	◂ 6.00 Miss Congeniality 2: Armed and...		8.00 Instant Family				10.00 Semi-Pro	
	309 THRILLER	◂ 5.45 Captain Phillips		8.00 Trap			9.50 The Accountant		
	310 DRAMA	◂ 5.40 Jerry Maguire		8.00 About a Boy			9.45 A Star Is Born		
	311 SCI-FI	◂ 6.15 Zombieland: Double Tap		8.00 Battleship					10.25 Mars Attacks!
	313 FILM4	◂ 6.55 See How They Run				9.00 Captain Phillips			
SPORT	401 MAIN EVENT	◂ 5.00 SNF – Live: Everton v Chelsea (Kick-off 5.30); Leeds United v Brentford (Kick-off 8.00)							
	402 PREMIER LEAGUE	◂ 5.00 SNF – Live: Everton v Chelsea (Kick-off 5.30); Leeds United v Brentford (Kick-off 8.00)							
	403 FOOTBALL	◂ 5.00 EFL – Live: (Kick-off 5.15)		8.00 EFL				10.00 EFL Highlights	
	405 CRICKET	◂ 6.00 IPL							10.30 Best of ICC...
	410 TNT SPORTS 1	◂ 6.00 UFC – Live: The preliminary bouts		8.00 UFC – Live: Lerone Murphy v Movsar Evloev					
	411 TNT SPORTS 2	7.00 The Breakdown	7.30 Serie A – Live: Juventus v Sassuolo (Kick-off 7.45)					10.00 Curling World Championship – Live	

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With chefs Owen Morgan, Leyli Homayoonfar and Elliott Grover. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.00 NOON **Football Focus** (S)
12.45 PM **BBC News** (S)
1.00 **Bargain Hunt** (S)(R)(AD)
1.45 **Escape to the Country** (S)(R)
2.15 **Money for Nothing** (S)(R)
3.00 FILM **The Addams Family 2** Animated comedy sequel with the voices of Oscar Isaac and Charlize Theron. (S) (2021, PG, 85min) ★★
4.25 **Asia** 7/7. People working to protect Asia's endangered wildlife. (S)(R)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **Gladiators** New edition 10/11. Bradley and Barney Walsh host the last semi-final. (S)(AD)

8.30 Casualty

6 PM

6.45 **Michael McIntyre's The Wheel** 3/10. The comedian hosts the game show, with Anita Rani, Babatunde Aléshé, Ekin-Su, Nick Knowles, Gyles Brandreth, Stacey Dooley and Josh Widdicombe offering advice to the contestants. (S)(R)

7 PM

7.45 **The Weakest Link: Gladiators Special** Romesh Ranganathan presents a *Gladiators* special, with Giant, Bionic, Sabre, Diamond, Fire and Athena, as well as referee Mark Clattenburg and commentator Guy Mowbray. (S)(R)

8 PM

8.30 **Casualty** *Learning Curve – Part 10:* Cam, Indie and Siobhan face the devastating consequences of their actions. (S)(AD)

9 PM

9.15 **The Walsh Sisters** New episode *If You Say It Out Loud, It's Real:* 5/6. Hurt by Anna's absence, Rachel becomes even more unsettled when Claire accidentally lets something slip. Meanwhile, Maggie receives big news of her own and later crosses paths with Luke. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.10 **BBC News** (S)
10.30 **Match of the Day** Highlights of the latest Premier League matches, including Everton v Chelsea, Leeds United v Brentford and Brighton & Hove Albion v Liverpool. (S)
■ More tomorrow at 10.30pm
11.40 **The Football Interview** Kelly Somers chats to Brighton & Hove Albion's James Milner, who recently broke the record for appearances in the Premier League. (S)
11.55 **Weather for the Week Ahead** (S)
12.00 M'T **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.35 AM **Children's Programmes**
9.00 LIVE **Athletics: World Indoor Championships** The morning session on day two at Kujawsko-Pomorska Arena Torun in Poland, where the men's heptathlon continues, and the men's and women's 800m semi-finals take place. *Continues at 5.15pm*. (S)
12.30 PM **Flog It!** Adam Partridge and Christina Trevanion value objects at Hereford Cathedral. (S)(R)
1.00 FILM **The Third Man** Classic thriller with Joseph Cotten, Trevor Howard and Orson Welles. (S)(AD) (1949, b/w, PG, 105min) ★★★★★
2.45 LIVE **Rugby League: Super League** Warrington Wolves v Castleford Tigers: The top-flight match from Halliwell Jones Stadium. Kick-off is at 3.00. (S)

5.15 Athletics

5.15 LIVE **Athletics: World Indoor Championships** Coverage of the evening session on day two from Kujawsko-Pomorska Arena Torun in Poland, where the men's heptathlon concludes, and gold medals are awarded in eight other events. (S)

8.45 NEW **Comic Relief's Hits and Hidden Gems at the BBC** Scott Mills looks back at the greatest musical moments from the long-running telethon, including performances by Adele, One Direction, the Spice Girls, Justin Bieber, Marti Pellow and McFly, plus Helen Mirren and Robbie Coltrane. (S)
9.45 **TOTP 1987: Big Hits** Performers include Rick Astley, Whitney Houston, Mel & Kim, Curiosity Killed the Cat, Eric B & Rakim, Pet Shop Boys, Alison Moyet and Boy George. (S)(R)
10.45 **TOTP 1988: Big Hits** Including performances by Yazz, S'Express, Bomb the Bass, Bros, Tiffany, Enya, Maxi Priest, The Proclaimers, Neneh Cherry and Eurythmics. (S)(R)
11.45 FILM **Aftersun** Drama starring Frankie Corio and Paul Mescal. A woman reflects on the shared joy and private melancholy of a holiday she took with her father 20 years earlier. With Celia Rowlson-Hall. (S)(AD) (2022, 12, 95min) ★★★★★
1.20 AM **Sign Zone: The Capture** 2/6. Carey seeks an unlikely ally in Gemma Garland. (S3) (S)(R)(AD)
2.20 **Sign Zone: Small Prophets** (S)(R)
2.50 **to 6.20** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Celebrity Lingo** (S)(R)
6.30 **Love Your Garden** (S)(R)(AD)
7.30 **Love Your Weekend with Alan Titchmarsh** With James Murray and Lynda La Plante. (S)(R)
9.25 **James Martin's Saturday Morning** New edition With Alfie Boe and Penny Lancaster. (S)
12.00 NOON LIVE **Football: EFL** Ipswich Town v Millwall: The Championship match at Portman Road. Kick-off is at 12.30. (S)
2.55 PM **ITV News** (S)
3.05 **Tipping Point: Lucky Stars** (S)(R)
4.10 **The Chase Celebrity Special** (S)(R)
5.10 **ITV News** (S)
5.30 **Local News** (S)
5.45 **Celebrity Catchphrase** New edition Joe Swash, Joanna Page and Angellica Bell compete for their chosen charities. (S)(AD)

10.00 The Jonathan Ross Show

6.45 **Britain's Got Talent** New edition The auditions make their way to Birmingham's Hippodrome Theatre, where guest judge Stacey Solomon – who knows a thing or two about auditioning in front of a live audience, after coming third on *The X Factor* in 2009 – joins the panel alongside KSI, Alesha Dixon and Amanda Holden. (S)(AD)

8.00 NEW SERIES **Celebrity Sabotage** 1/6. Joel Dommett, Judi Love, Sam Thompson and GK Barry try to deceive members of the public into believing they are on new ITV shows. (S)(AD)
9.00 **The 1% Club** Quiz hosted by Lee Mack in which the questions are based around logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(R)(AD)
10.00 **The Jonathan Ross Show** New edition Jonathan chats to Ruth Jones, Rachel Zegler, Ben Platt, Sarah Michelle Gellar and Kathryn Newton. Plus, music from The Molotovs. (S)
11.00 **ITV News** (S)
11.15 **It'll Be Alright on the Night** TV clangers, featuring Kylie Minogue and Michael McIntyre. (S)(R)
11.45 **English Football League Highlights** Recent action. (S)(R)
1.10 AM **Teleshopping**
3.00 **Devil in Disguise: John Wayne Gacy** 7/8. (S1) (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Julia Bradbury's Wonders of the Frozen South** (R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.10 AM **The King of Queens** (S)(R)(AD)
7.25 **Everybody Loves Raymond** (S)(R)
8.45 **Frasier** 6-8/24. (S6) (S)(R)(AD)
10.15 **The Simpsons** (S)(R)(AD)
11.45 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
2.20 PM **Kirstie and Phil's Love It or List It** A couple in Hamilton need help deciding whether to renovate or sell their home. (S)(R)(AD)
3.25 **Location, Location, Location** Two sets of house-hunters look for properties in north London. (S)(R)
4.25 FILM **Sleepless in Seattle** Romantic comedy starring Tom Hanks and Meg Ryan. A woman hears a grieving widower pour his heart out on the radio and becomes convinced he is the man of her dreams. (S)(AD) (1993, PG, 125min) ★★★★★

8.00 The Roman Empire by Train

6.30 **News** (S)

7.00 **The Race for Ancient Egypt in Colour** Series finale 2/2. Egyptologist Howard Carter returns to Tutankhamun's tomb and the boy king's death mask captivates the world. (S)(AD)

8.00 **The Roman Empire by Train with Alice Roberts** Series finale 6/6. Alice heads to Tarragona, which boasts the world's largest Roman forum and an amphitheatre unearthed below a church. (S)(AD)

9.00 **Bill Bailey's Vietnam** New edition Bill heads north to Hanoi, Vietnam's capital. On the Red River Delta, Bill discovers a culture defined by spirituality, femininity and unique traditions. (S)(AD)

10.00 FILM **Mission: Impossible – Rogue Nation** Spy thriller sequel starring Tom Cruise and Jeremy Renner. The agents of the Impossible Mission Force become fugitives to bring down a shadowy society of assassins. (S)(AD) (2015, 12, 150min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM FILM **Infinity Pool** Mystery starring Alexander Skarsgård. (S)(AD) (2023, 18, 115min) ★★★
2.25 **Ramsay's Hotel Hell** (S)(R)(AD)
3.15 **Handcuffed: Last Pair Standing**
4.10 **Stacey Solomon's Renovation Rescue** (S)(SL)(R)(AD)
5.00 **to 5.55** AM **Location, Location, Location** (S)(R)

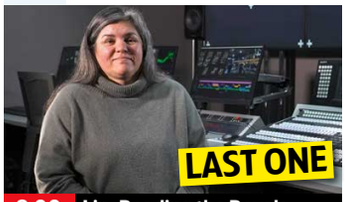
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.20 **Entertainment News** (S)
9.30 **Ben Fogle: New Lives in the Wild** Double bill. (S)(R)
11.25 **Dogs Behaving (Very) Badly** Double bill of editions. (S)(R)
1.25 PM **Catching Up with the Royals with Rev Richard Coles & Emily Andrews** New edition
2.30 **The Yorkshire Vet** Peter treats two kittens that were found dumped in a bag. (S)(R)(AD)
3.25 **Our Yorkshire Farm** Five-year-old Nancy gets ready to start school. (S)(R)
4.25 **Beyond the Yorkshire Farm: Reuben & Clive** Clive and his son Reuben embark on a digging venture together. (S)(R)
5.30 The team take on a super-sized stonework project. (S)(R)



8.00 Lip-Reading the Royals

6.25 **News** (S)

6.30 **Open All Hours: 50 Years of Laughter** A celebration of Roy Clarke's sitcom, which starred Ronnie Barker as shopkeeper Arkwright and David Jason as his nephew Granville, as well as sequel *Still Open All Hours*. Featuring interviews with stars from the series, including David Jason, Johnny Vegas, Barbara Flynn and Stephanie Cole. (S)(R)

8.00 **Lip-Reading the Royals: What Are They Really Saying?** Series finale 4/4. A look at what members of the Royal Family were possibly saying in private moments. (S)

9.00 NEW **The Forgotten Prince: The Mystery of the Duke of Kent** Exploring the conspiracies surrounding the death of Prince George, Duke of Kent, who died in a military plane crash in 1942. (S)

10.10 **1974: Most Shocking Moments** Jan Leeming narrates a look back at outrageous events of 1974, reflecting on the most controversial moments in TV, cinema, music, showbiz and politics. (S)(R)

12.05 AM **Police Interceptors: Taking Down the Shoplifting Gangs** Documentary. (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Inside Selfridges: Then & Now**
3.20 **Inside the Coca-Cola Factory**
4.15 **Friends** (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Hawaii Five-0** 15-17/24. Triple bill of episodes. (S1) (S)(R)
9.00 **The Simpsons** (S)(R)
12.00 NOON **Gillette Labs Soccer Saturday: Build-Up**
3.00 PM **Gillette Labs Soccer Saturday** Stay up to speed with the afternoon's football up and down the country.
5.00 FILM **The Hobbit: The Battle of the Five Armies** Conclusion of Peter Jackson's epic fantasy adventure trilogy based on JRR Tolkien's novel, starring Martin Freeman, Richard Armitage, Ian McKellen, Luke Evans and Orlando Bloom. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (S) (AD) (2014, 12, 175min) ★★★

5.00 The Hobbit: The Battle...

FILM The Hobbit: The Battle of the Five Armies (film started at 5.00pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7.55 LIVE **Football: SNF** Leeds United v Brentford: Coverage of the Premier League match from Elland Road. Dominic Calvert-Lewin continued his fine goal-scoring run for the visitors as he scored an 82nd-minute equaliser to earn the Whites a 1-1 draw in the reverse fixture in December. His goal cancelled out a 70th-minute strike from Jordan Henderson and helped Leeds go three games unbeaten following a 3-2 defeat at the end of November against Manchester City. Kick-off is at 8.00.

10.00 NEW SERIES **Saturday Night Live UK** 1/6. Comedy sketch and variety show based on the long-running US programme, with a guest host taking charge of proceedings. Plus, live music from a chart-topping act. *See feature, page 12.*

11.15 **Micky Flanagan: An' Another Fing Live** Stand-up show from London's O2 Arena. (S)(R)
1.00 AM **The Dyers' Caravan Park** 5/6. A football pitch is installed at the park. (S)(R)(AD)
2.00 **Road Wars** Double bill. (S)(R)
3.00 **The Force: Manchester** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (S)(R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.40pm Sportscene: Premiership Highlights (S) **12.55am** The Football Interview (S) **1.10** Weather for the Week Ahead (S) **1.15-6.00am** BBC News

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Dreigiau Cadi **10.15** Am Dro! **11.15** Cartrefi Cymru **11.45** Cefn Gwlad (AD) **12.15pm** Ceffylau, Sheikhs a Chowbois **12.45** Cyfrinachau'r Llyfrgell **1.45** Taith Bywyd (AD) **2.45** Hen Dy Newydd (AD) **3.45** Llond Bol O Japan **4.45** Y Cyfweliad **5.20** Iaith ar Daith (AD) **6.20** Cynefin **7.15** Newyddion a Chwaraeon **7.30** Stiwdio24/7 **8.00** Noson Lawen New edition **9.00** Llond Bol O Japan **10.00** Der' Dramor'Da Fi! (AD) **11.00-11.35pm** Hyd y Pwrs (AD)

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *The Rings of Akhaten:* 8/16. The Doctor takes Clara on her first trip into outer space. **7.45** *Cold War:* 9/16. A Martian warrior terrorises a nuclear submarine crew. (S7)
8.30 **Ghosts** 3/7. The spooks' thoughtless behaviour sends Alison into meltdown. **9.00** 4/7. Mike and Alison host a last-minute children's birthday party. (S4)
9.30 **Mrs Brown's Boys** 5/7. Agnes's children suspect one of them is adopted. **10.00** 6/7. Agnes is excited about Rory's big day. (S3)
10.30 FILM **Alan Partridge: Alpha Papa** Comedy spin-off starring Steve Coogan. Alan Partridge strives to become a hero during a hostage crisis. (2013, 15, 86min) ★★★★

11.55 **Two Pints of Lager and a Packet of Crisps**
1.55 AM **Boarders**
3.30 **to 4.00** AM **EastEnders Investigates: The Manosphere**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Natural World: Butterflies – A Very British Obsession** The enduring appeal of butterflies.
7.45 **The Good Old Days** With Mike Reid, The Beverley Sisters and Valerie Monese.
8.30 **Hetty Wainthropp Investigates** *Woman of the Year:* Hetty poses as a victim of domestic abuse.
9.20 FILM PREMIERE **La Chimera** Comedy adventure starring Josh O'Connor. An English archaeologist reconnects with his wayward crew of accomplices to loot Etruscan tombs of ancient treasures. Partially subtitled. (2023, 15, 132min) ★★★★★ *See review, page 25.*

11.25 **Parkinson**
12.25 AM **Keeping Up Appearances**
12.55 **Sorry!**
1.25 **Hetty Wainthropp Investigates** As 8.30pm.
2.15 **The Good Old Days**
3.00 **to 3.45** AM **Natural World: Butterflies – A Very British Obsession**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
11.30 **A Place in the Sun**
2.40 PM **Come Dine with Me** Five editions of the culinary contest from Leeds.
5.25 **Four in a Bed** The contest kicks off at the Trap Inn in Broomhill, Northumberland. **5.55** The second visit of the week is to the Newholme Hotel in Blackpool. **6.25** Liz and Tracey welcome their rivals to Portsonachan Hotel & Lodges in Argyll and Bute.
6.55 **Four in a Bed** The week's final visit is to Lamlash Bay Hotel on the Isle of Arran. **7.25** Payment Day arrives.
8.00 **24 Hours in A&E** A 20-year-old man is brought in by ambulance after being involved in a high-speed motorcycle accident.
9.00 **24 Hours in A&E** A man is put in a medically induced coma following a motorcycle accident, while a 58-year-old patient battles lung cancer a year after being given two weeks to live.
10.00 **24 Hours in A&E** A scaffolder arrives at the hospital after suffering a head injury, and a patient is struggling to breathe following an asthma attack.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.20 **to 3.50** AM **Strangers on a Plane**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Lego Masters Australia**
7.10 **The Amazing Race Australia** Reality series.
8.40 **Made in Chelsea**
10.40 **Ramsay's Kitchen Nightmares USA**
1.40 PM **Married at First Sight Australia** Double bill.
4.50 FILM **My Spy** Comedy with Dave Bautista and Chloe Coleman. A nine-year-old girl blows the cover of a secret agent and blackmails him into training her for active duty. (2020, 12, 99min) ★★★
6.45 FILM **Jumanji: Welcome to the Jungle** Fantasy action comedy starring Dwayne Johnson, Karen Gillan, Kevin Hart and Jack Black. Four teenagers get transported into a video game and transformed into a party of jungle explorers. (2017, 12, 119min) ★★★★
9.00 **Celebrity Gogglebox** Famous faces appraise *Beat the Chasers, The Nevermets* and *Top of the Pops 1992*.
10.00 **Gogglebox** Opinions on *Celebrity Race Across the World, All's Fair, The 1% Club, Come Dine with Me: Teens* and *Police Interceptors*.
11.05 **Gogglebox**
12.05 AM **First Dates**
2.10 **Gogglebox**
4.05 **The Simpsons**
4.30 **Modern Family**
4.55 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

Saturday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
8.00 **Brit Cops: Rapid Response**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Brit Cops: Law & Disorder**
12.00 NOON **Caught Red Handed**
2.00 PM **Police 24/7** Officers must figure out the rightful owner of a stolen bike. **3.00** Several officers are needed to break up a party. **4.00** Law enforcement's strategies and tactics during pursuits and apprehension.
5.00 **Nothing to Declare**

10.00 Elsbeth

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

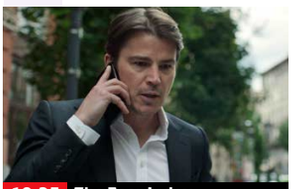
10 PM
10.00 **Elsbeth** *Something Blue:* 7/10. Elsbeth suspects foul play after a wedding ends in the death of the hapless groom. (S1)
11.00 **Law & Order: Special Victims Unit** 11/22. (S26)
12.00 M'T **The Equalizer** 1/18. (S2)
1.00 AM **Chicago Fire** 2/13. (S12)
2.00 **Watson** New episode (S2)
3.00 **The Good Doctor** 17/18. (S5)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
7.55 **The Sopranos** 12/13. (S2)
9.00 **Game of Thrones** (S1&2)
2.25 PM **Game of Thrones** 5/10. Catelyn is forced to flee. **3.30** 6/10. Qhorin gives Jon a chance to prove himself. **4.35** 7/10. Theon tries to prove his Ironborn status. **5.40** 8/10. Daenerys is presented with a dilemma. **6.45** 9/10. Tyrion defends King's Landing against Stannis Baratheon's naval assault. (S2)



10.25 The Fear Index

7.50 **Game of Thrones** *Valar Morghulis:* 10/10. Theon Greyjoy stirs his men into action, Daenerys enters the mysterious House of the Undying, and Jon proves his worth. (S2)

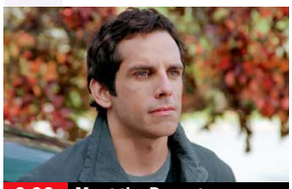
9.00 **I Hate Suzie** 5/8. Suzie is forced to combine dinner with her producers with Cob's wild night out. **9.40** 6/8. Family politics come to light with Suzie's parents. (S1)
10.25 **The Fear Index** 2/4. Alex harbours his own concerns when he finds terrorist websites open on his computer. (S1)
11.25 **The White Lotus** 5/6. Rachel begins to question her future. **12.35** AM 6/6. Rachel shares some truths with Shane. (S1)
1.50 **Game of Thrones** (S3)
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.30 **The Only Way Is Essex**
11.30 **Deal or No Deal**
2.30 PM **FILM Around the World in 80 Days** Family comedy adventure starring Jackie Chan. (2004, PG, 120min) ★★★
4.50 **FILM Kung Fu Panda 3** Animated comedy sequel with the voice of Jack Black. The clumsy hero is reunited with his father and must pass on his skills to a village of pandas. (2016, PG, 95min) ★★★★



9.00 Meet the Parents

6.40 **FILM Tomb Raider** Adventure starring Alicia Vikander and Dominic West. A kickboxing heiress risks her life to save her missing father when she discovers a clue to his location. (2018, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM Meet the Parents** Comedy starring Robert De Niro and Ben Stiller. A neurotic male nurse's efforts to impress his girlfriend's father disastrously backfire. With Teri Polo, Blythe Danner and Owen Wilson. (2000, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.10 **Family Guy** 1/22. Peter stars in a parody of the classic 1986 film *Top Gun*. (S23)
11.40 **Family Guy** (S10&19)
12.35 AM **American Dad!** (S20&16)
1.35 **Plebs** 6/8. (S2)
2.05 **Piglets** 1/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Wycliffe** 1&2/8. (S3)
8.10 **Lewis** *Falling Darkness.*
10.05 **Agatha Christie's Marple**
12.05 PM **Rosemary & Thyme**
2.05 **Midsomer Murders** *Dead in the Water:* A body is found in a river. Guest stars Steve Redgrave and Diana Quick. **4.05** *Orchis Fatalis:* A rare orchid smuggling out of Borneo prompts a killing spree. **6.00** *Second Sight:* A man collapses and dies outside a pub after a fight. Guest stars Geoffrey Whitehead.

12.05 Rosemary & Thyme

Midsomer Murders (started at 6.00pm)

8.00 **Midsomer Murders** *Hidden Depths:* Barnaby and Scott investigate the apparent suicide of a solicitor who was rumoured to be stealing from clients – but the case is complicated by the subsequent murder of a rival lawyer.

10.00 **Vera** *The Seagull:* Vera reopens an unsolved case when a skeleton is found, and suspects the bones belong to a notorious criminal who was once a friend of her father.

11.50 **A Touch of Frost** *Near Death Experience:* The detective's methods are questioned.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.20 **The Big Match Revisited**
8.25 **The Sweeney**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.35 **Junk & Disorderly**
12.35 PM **Dramatic Finishes**
12.45 **LIVE Racing** Coverage from Newbury, Kelso and Bangor.
4.00 **FILM Force 10 from Navarone** Action adventure sequel to *The Guns of Navarone,* starring Robert Shaw, Edward Fox and Harrison Ford. (1978, 12, 118min) ★★

6.25 The Spy Who Loved Me

6.25 **FILM The Spy Who Loved Me** James Bond adventure starring Roger Moore. Agent 007 joins forces with a beautiful Russian spy to stop a megalomaniac villain. With Barbara Bach. (1977, PG, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **English Football League Highlights** A round-up of action from the latest EFL matches, including Ipswich Town v Millwall, Swansea City v Coventry City and Blackburn Rovers v Middlesbrough.
10.30 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
12.30 AM **Minder**
1.30 **Two and a Half Men** (S1)
2.15 **Auto Mundial**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Rangers v Aberdeen.
8.30 **Icons of Football** A profile of ex-Aberdeen defender Willie Miller.
9.00 **JLB: The Man Who Saw the Future** Chronicling the story of John Logie Baird, the man who invented TV.
10.15 **Girl** Short drama with Deborah Lukumuena, Danny Sapani and Le'Shantey Bonsu.
10.35 **Tune: Scotland's Most Remote Club Night** The people behind a techno and house night in Ullapool.
11.50 PM **to 12.00** M'T **Loop** New edition An artist couple who turn waste plastic into art.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S5)
10.30 **Ballers** 7-10/10. (S1)
12.50 PM **Sex and the City**
4.00 **Community** (S2)
6.30 **The Office (US)** 4/28. Michael receives help from Dwight to prepare for the birth of Jan's baby. **7.00** 5/28. The company is burgled. **7.30** 6/28. Michael helps Holly move house following her transfer. **8.00** 7/28. The annual customer survey brings some shocking news. **8.30** 8/28. Michael is sent on a business trip to Canada. (S5)
9.00 **Chris Rock: Bigger & Blacker** Stand-up show.
10.15 **Amy Schumer: Live at the Apollo** Stand-up.
11.30 **Saturday Night Live UK** 1/6. Comedy sketch and variety show based on the long-running US programme.
12.45 AM **And Just Like That...**
3.10 **to 5.00** AM **Entourage**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Messiah**
8.10 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **FILM Roman Holiday** Drama. (1953, b/w, U, 118min) ★★★★★
3.15 **Discovering Romance on Film**
4.45 **The Highwaymen Live: American Outlaws**
7.15 **Johnny Cash: A Legend in Concert**
8.05 **Johnny Cash Live at Montreux** From 1994.
9.30 **FILM For a Few Dollars More** Western. (1965, 15, 128min) ★★★★
12.00 M'T **FILM Midnight Movies: From the Margin to the Mainstream** Documentary. (2005, 18, 86min) ★★★★
1.55 AM **Greatest Albums Live** With Jo Whiley.
2.55 **Pretenders Live and Loose in LA**
4.50 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: America's Front Line**
10.00 **Caught Red Handed**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Friends: The Reunion** The stars of the comedy reminisce.
4.00 **Monkey Life**
5.00 **Gangs of Baboon Falls**
6.00 **Africa's Wild Horizons**
7.00 **Pride Rules**
8.00 **Caught on Dashcam**
9.00 **FILM The Comeback Trail** Comedy starring Robert De Niro and Tommy Lee Jones. Two movie producers who owe money to the Mob set up their star actor for an insurance scam, but end up getting more than they imagined. (2020, 12, 104min) ★★★
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Elia tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **In with a Shout** The Bhambras from Bradford and the Pohls from Rugby compete.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
2.00 PM **George Clarke's Building Home**
3.00 **A Place in the Sun**
5.00 **A Place in the Sun: What Happened Next?**
8.00 **Kirstie and Phil's Love It or List It** The hosts help Lexie and Ed from Nottingham decide whether to renovate or sell their home.
9.00 **A Woman of Substance** 3/8. Emma has a chance to leave the Fairleys for good. **10.00** 4/8. A heavily pregnant Emma establishes a new life for herself. (S1)
11.00 **24 Hours in A&E**
12.05 AM **Gogglebox**
2.10 **FILM Everybody's Talking About Jamie** Comedy drama starring Max Harwood and Richard E Grant. (2021, 12, 115min) ★★★★
4.20 **to 4.40** AM **Jamie's One-Pan Wonders**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Doomsday Meteor** Sci-fi thriller. (2023, PG, 86min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **5.00** 24/26. Riker encounters his double when he returns to a planet he last visited eight years previously. (S6)
6.00 **Star Trek: Voyager** 23/26. Torres and Kim respond to a distress call from Kohl settlers in artificial hibernation. (S2)

7.00 Star Trek: Voyager

7.00 **Star Trek: Voyager** *Tuvix:* 24/26. Tuvok and Neelix are merged into a composite being.
8.00 **Star Trek: Voyager** *Resolutions:* 25/26. Janeway and Chakotay are infected by an alien insect.
9.00 **Star Trek: Voyager** *Basics – Part One:* 26/26. Chakotay learns he has become a father. (S2) **9.55** *Basics – Part Two:* 1/26. The Kazons hijack *Voyager*, leaving Janeway and her crew stranded on a primitive planet. (S3)
10.50 **Westworld** *Annees Folles:* 3/8. Bernard sets off on his journey. (S4)
11.50 **Westworld** 4/8. The resistance search for a weapon. **12.50** AM 5/8. Charlotte gives William a task. **1.55** 6/8. Caleb attempts to escape from Charlotte. **3.00** 7&8/8. (S4)
5.00 **to 6.00** AM **Warehouse 13**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S10)
10.00 **Miss Scarlet and the Duke**
12.00 NOON **Inspector George Gently** *Bomber's Moon.*
2.00 PM **Father Brown** Four episodes, including at: **5.00** *The Last Supper:* A food fayre comes to Kembleford – bringing murder with it.
6.00 **Shakespeare & Hathaway: Private Investigators** 1/10. Frank encounters an old enemy when he and Lu are hired to help close down an old bingo hall. With Jim Moir. (S3)

10.00 Father Brown

7.00 **Shakespeare & Hathaway: Private Investigators** 2/10. A rock star believes that the Devil is trying to kill him. (S3)
8.00 **Father Brown** *The Sisters of Aeschylus:* Murder ensues when a prestigious group of writers are invited to Montague.
9.00 **Death in Paradise** *Switcharoo:* 5/8. New DI Neville Parker is called in when a woman is found dead in a bathtub. (S9)
10.00 **Father Brown** *The Kembleston Olimpicks:* Rivalries escalate to murderous heights at the Kembleston Olimpicks.
11.00 **Mudtown** 5/6. Beca does everything in her power to get Sonny out of prison, but Claire, Saint Pete and Jamie are all on her tail. (S1)
12.00 M'T **Father Brown**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
1.00 PM **Only Fools and Horses** Seven episodes, including at: **4.20** Feature-length episode. The Trotters journey to Holland to dabble in the diamond import business – but old foe Inspector Slater is hot on their trail. Guest stars Jim Broadbent. **6.20** The Trotters meet a pregnant German woman who is in need of help, so Del Boy becomes her saviour and plans to make himself money at the same time.

7.00 Only Fools and Horses

7.00 **Only Fools and Horses** A weeping statue gives Del Boy an idea for a money-making scheme. **7.40** The Trotters find themselves caught up in an attempted robbery. **8.20** Tempers flare when the Trotter brothers fall for the same woman.
9.00 **I'm Alan Partridge** Alan is dreading a visit from the Inland Revenue. **9.35** Alan has the misfortune of meeting his biggest fan.
10.15 **Only Fools and Horses** Rodney is commissioned to make a community film. **10.55** A friend returns from Australia flushed with success and offers Del a share in his business empire Down Under.
11.35 **Only Fools and Horses**
1.35 AM **I'm Alan Partridge**
2.40 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Hairy Bikers' Best of British** Recipes from the duo's favourite cookery books.
8.20 **Would I Lie to You?**
1.40 PM **Would I Lie to You? – The Unseen Bits**
2.20 **Would I Lie to You?** Seven editions, including at: **5.40** Guests Raj Bisram, Deborah Frances-White, Stephen Mulhern and Jenny Ryan join the regulars. **6.20** With guest panellists Jo Brand, Sam Quek, Bobby Seagull and Joe Thomas.

11.05 I'm Alan Partridge

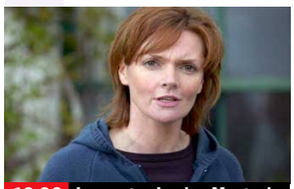
7.00 **Would I Lie to You?** Panellists include Robert Webb and Terry Wogan. **7.40** With guest panellists Louie Spence, Katherine Parkinson, Bill Turnbull and David O'Doherty. **8.20** With Greg Davies, Konnie Huq, Phil Tufnell and Marcus Brigstocke.
9.00 **QI XL** Guests Chris Addison, Sara Cox and Sue Perkins join regular panellist Alan Davies and host Stephen Fry
10.00 **Have I Got a Bit More News for You** Martin Clunes hosts the satirical quiz, with guests Lyse Doucet and Chloe Petts.
11.05 **I'm Alan Partridge**
1.00 AM **Would I Lie to You?**
2.15 **Live at the Apollo** Angela Barnes introduces stand-up routinues by Sarah Keyworth and Tim Renkow.
3.10 **to 4.00** AM **Wilderness with Simon Reeve**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **Birds of a Feather**
8.55 **Lovejoy**
12.15 PM **Father Brown**
1.15 **New Tricks**
3.55 **Jonathan Creek** *The Eyes of Tiresias:* A widow's terrifying nightmares start to come true.
5.00 **The Marlow Murder Club** *The Queen of Poisons – Part One:* 1/6. The Mayor dies in the middle of a meeting. **6.00** *The Queen of Poisons – Part Two:* 2/6. The suspects' secrets begin to stack up. Guest stars Peter Davison. (S3)


10.00 Inspector Lynley Mysteries

7.00 **The Brokenwood Mysteries** *Shot of Love:* 5/6. Mike and Beth take a road trip to obtain divorce papers from his ex-wife, while Kristin and Daniel contend with the mysterious death of a man in a hotel room. (S9)
9.00 **Whitechapel** 6/6. Part two of two. With the body count rising, Chandler and Miles struggle to put aside their differences. (S3)
10.00 **The Inspector Lynley Mysteries** *In the Guise of Death:* A horse trainer with money worries is found hanged.
12.00 M'T **New Tricks** *Gloves Off.* The team reinvestigate the 15-year-old murder of a boxer. Guest stars Maggie O'Neill.
1.20 AM **Sister Boniface Mysteries**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Queens of Mystery**

+1 hour 243 316 60 260

Saturday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S7&8)
2.00 PM **NCIS: Los Angeles** Seven episodes of the drama, including at: **5.00** *Disorder:* 11/25. The agents investigate the deaths of two men killed in a shoot-out. **6.00** *Overwatch:* 12/25. A body goes missing from the morgue. **7.00** *Archangel:* 13/25. The team attempt to prevent a leak of top-secret information. **8.00** *Lock-up:* 14/25. Sam investigates a terrorist group. (S2)
9.00 **Instinct** New episode *Manhunt:* 9/11. Dylan gets some worrying news from his father. (S2)
10.00 **Law & Order: Special Victims Unit** (S23&1)
1.45 AM **Law & Order: Criminal Intent** (S6)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Home and Away**
9.35 **Shoplifters: Caught Red Handed** Double bill.
11.35 **Nightmare Tenants, Slum Landlords**
3.35 PM **Car Pound Cops**
6.35 FILM **The Second Best Exotic Marigold Hotel** Comedy drama sequel starring Dev Patel and Maggie Smith. (2015, PG, 122min) ★★★
9.00 FILM **About a Boy** Comedy based on the novel by Nick Hornby, starring Hugh Grant and Nicholas Hoult. (2002, 12, 101min) ★★★★
11.05 **Claudia Winkleman: Behind the Fringe**
12.35 AM **999: Emergency Call Out** Documentary.
1.35 **The Push: Death on a Cruise Ship**
3.00 **Murder Scene: The Incident Room**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.45 **Police Interceptors**
11.45 **Motorway Cops: Catching Britain's Speeders** Five editions of the series, including at: **2.45** PM A truck driver admits he has been drinking in his cab. **3.45** Members of the public call in about a possible drink-driver.
4.40 FILM **Copper Canyon** Western starring Ray Milland and Hedy Lamarr. (1950, PG, 84min) ★★
6.30 FILM **My Name is Nobody** Comedy Western with Terence Hill and Henry Fonda. (1973, 15, 115min) ★★★
9.00 FILM **Hang 'Em High** Revenge Western with Clint Eastwood. (1967, 18, 114min) ★★★★
11.20 **The X-Files** (S1)
3.25 AM **Winter Road Rescue**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 232/233 325

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad** Crews help a man crushed by his own car. **4.00** The emergency response team try to seal a major chemical spill. **5.00** Emergency services respond to a shooting outside a mosque. **6.00** The team are called to help defuse a bomb in Wakefield.
7.00 **Nurses on the Ward** Caitlin cares for a good Samaritan in a lot of pain. **8.00** It's Halloween and Matron Hazera is having a staffing nightmare.
9.00 **The Catherine Tate Show** Triple bill of the comedy sketch show.
10.55 **Face to Face with Armageddon**
11.50 **Wagspiracy: Vardy v Rooney** Documentary.
12.50 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **How to Build a Motor Car** Four editions.
12.00 NOON **Great American Railroad Journeys**
2.00 PM **Canal Boat Diaries**
4.00 **Dom Chinea's Cornish Workshop**
5.00 **Tropic of Capricorn**
7.00 **Inside Bentley: A Great British Motorcar**
8.00 **Bangers & Cash** Charlie heads off on his first solo collection to pick up an Austin van from the North York Moors.
9.00 **Bangers & Cash: Restoring Classics** The team buy the right kind of Land Rover, but it's got the wrong engine.
10.00 **Bangers & Cash** A haulier offloads part of his vintage commercial vehicle collection.
11.00 PM **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Lee Sharpe.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** Car exhaust parts are rescued from the tip. **7.00** An old bookcase, a dining chairs and a plant stand are revamped. **8.00** Transforming a chair, a medieval-style tent and a wooden chest.
9.00 **My Lottery Dream Home** Double bill.
10.00 **Celebrity IOU** New edition William Shatner surprises his longtime assistant with a kitchen refresh.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Little House on the Prairie** 8-12/25 (S1)
1.00 PM **Little House on the Prairie** Eight episodes of the series, including at: **7.00** *Circus Man:* 19/25. A travelling salesman claims to be able to heal anything. **8.00** *Child of Pain:* 20/25. The locals try to stop a child beater. (S1)
9.00 **The Ruth Rendell Mysteries** *Front Seat:* 3/8. An elderly couple turn detective. Stars Janet Suzman and Edward Hardwicke. **10.10** *The Double:* 1/8. A woman meets her double. Stars Camilla Power. (S3)
11.20 **M*A*S*H** 16/16. Feature-length finale of the comedy. (S11)
2.00 **Home to Roost** (S1)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM FILM **The Plainsman** Western. (1966, U, 92min) ★★
11.45 FILM **Buck and the Preacher** Western. (1971, PG, 102min) ★★
2.00 PM FILM **The Gunfighter** Western. (1950, b/w, U) ★★★★
3.55 FILM **100 Rifles** Western drama. (1969, 15, 104min) ★★★
6.10 FILM **Airport** Disaster movie. (1969, PG, 137min) ★★★
9.00 FILM **Judge Dredd** Sci-fi action thriller. (1995, 15, 95min) ★★
11.05 FILM **Supercell** Action drama with Skeet Ulrich. (2023, 12, 100min) ★★
1.20 AM FILM **The Big Lift** Melodrama. (1950, b/w, PG, 119min) ★★★
4.10 **to 5.50** AM FILM **The Quick & the Dead** Western adventure. (1987, PG, 94min) ★★★

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Police Ten 7**
8.30 **Diagnosis Murder**
9.30 FILM **Til Death Do Us Part** (2021, PG) ★★
11.25 FILM **Honeymoon, Honeymurder** Mystery. (2021, PG, 84min) ★★
1.20 PM FILM **The Gourmet Detective: Death Al Dente** (2015, PG) ★★
3.15 **Chronicle Mysteries: Helped to Death**
5.10 FILM **Words Can Kill** Thriller. (2019, PG) ★★
7.05 FILM **Dead Talk** Thriller. (2019, PG, 88mins) ★★
9.00 FILM **A Lesson in Murder** Mystery drama. (2024, PG, 84min) ★★
10.55 FILM **Lost Without You** Mystery. (2016, PG) ★★
12.50 AM FILM **Second Chances** Thrilller. (2010, 12, 90min) ★★
2.35 FILM **Living with the Enemy** (2005, PG) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM FILM **Love in Store** Comedy. (2020, PG) ★★
10.00 FILM **With Love, Your Sweetly Salted** Drama. (2023, U, 91min) ★★
12.00 NOON FILM **When Love Came to Town** Romantic comedy. (2014, PG, 90min) ★★
2.00 PM FILM **Love on Repeat** Comedy. (2019, PG, 81min) ★★
3.50 FILM **Valentine's Again** Fantasy (2017, PG) ★★
5.40 FILM **Love Strikes Twice** Time-travel fantasy. (2021, PG, 84min) ★★
7.35 FILM **Rip in Time** Fantasy. (2022, PG) ★★
9.30 FILM **Christmas Wedding Planner** Drama. (2017, PG) ★★
11.25 FILM **Christmas Song** Drama. (2012, PG) ★★
1.25 AM FILM **When Love Came to Town** (2014)
3.15 **to 5.00** AM FILM **Love on Repeat** As 2.00pm.

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Marcus Wareing's Tales from a Kitchen Garden**
12.45 PM **This Farming Life**
7.00 **Garden Rescue** Flo Headlam and Lee Burkhill design a practical space to suit a family.
8.00 FILM **The Dirty Heroes** World War Two adventure with Frederick Stafford. A band of ex-convicts are sent to recover secret Allied plans from the Nazis. (1967, 15, 105min) ★★
10.15 FILM **Sex Clinic** Drama starring Georgina Ward and Alexander Davion. (1972, 18, 91min) ★★
12.00 M'T FILM **Adventures of a Plumber's Mate** Adult comedy starring Christopher Neil. (1978, 18, 88min) ★
2.00 AM **This Farming Life**
4.30 **to 5.00** AM **Queer Lives Today**

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **The Gaffer**
9.00 **The Dustbinmen**
10.30 **Press Gang**
11.30 **Star Maidens**
12.00 NOON **The Champions**
1.00 PM **Boon** 12/13. (S3)
2.05 **The Prime of Miss Jean Brodie** Drama
5.20 **The Gaffer** (S2)
6.50 **Agony** (S2)
8.20 **Boon** 12/13 (S3)
9.25 **Rik Mayall Presents** *Dancing Queen.*
10.30 FILM **Eskimo Nell** Adult comedy starring Michael Armstrong and Terence Edmond. (1974, 18, 105min) ★★
12.15 AM FILM **Bloodbath at the House of Death** Horror spoof with Kenny Everett and Vincent Price. (1983, 18, 91min) ★
2.00 **Stereo Underground**
3.00 **Rik Mayall Presents**
4.05 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Outback Crystal Hunters** Double bill.
3.00 **Gem Hunters Down Under** Documentary.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** Featuring two women who are at crisis point. **8.00** A man pretending his hoarding is a hobby.
9.00 **Paranormal: Caught on Camera** A woman gets one last goodbye from her faithful furry friend.
10.00 **Ghost Adventures** 2/2. The crew confront a dark presence that haunts the LA mansion. **11.00** The crew visit a Nevada town plagued by paranormal activity.
12.00 M'T **Paranormal: Caught on Camera**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Jamie Oliver: Cooking for Less**
12.00 NOON **Jamie's Comfort Food** Double bill.
1.00 PM **James Martin's Islands to Highlands**
3.00 **The Hairy Bikers' Comfort Food**
7.00 **Man v Food**
7.30 **Man v Food Nation**
8.00 **Adam Richman Eats Britain** Adam tries Yorkshire parkin. **8.30** Adam eats a sandwich in Sandwich.
9.00 **Diners, Drive-Ins and Dives** New editions Guy Fieri samples artisan croissants in Gainesville. **9.30** Guy enjoys mouthwatering pies in Baton Rouge.
10.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM FILM **Shark Season** Shark-attack thriller. (2020, PG, 87min) ★★
9.00 **The Invaders** (S2)
2.00 PM FILM **Flight to Tangier** Spy thriller. (1953, PG, 90min) ★★
3.50 FILM **Fair Wind to Java** Seafaring adventure. (1953, PG, 92min) ★★
5.40 FILM **Gallipoli** Australian war drama with Mel Gibson. (1981, PG, 111min) ★★★★
8.00 **The Twilight Zone**
9.00 FILM **Contraband** Action thriller. (2012, 15, 105min) ★★★
11.15 FILM **Red Heat** Action thriller. (1988, 18, 106min) ★★★
1.25 AM FILM **Bullet to the Head** Action thriller. (2012, 15, 89min) ★★★
3.15 **to 5.00** AM FILM **Dracula: Prince of Darkness** Classic Hammer horror. (1965, 15, 90min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 FILM **Siringo** Western. (1996, PG, 90min) ★★
12.00 NOON FILM **Ape vs Monster** Adventure. (2021, 12, 88min) ★★
2.00 PM FILM **American Warships** Sci-fi thriller with Mario Van Peebles. (2012, 15, 85min) ★★
4.00 **The Lost World** (S3)
9.00 FILM **Narrow Margin** Suspense thriller starring Gene Hackman and Anne Archer. (1990, 15, 97min) ★★★
11.05 FILM **Age of Kill** Action thriller starring Martin Kemp, Patrick Bergin and Bruce Payne. (2015, 15, 82min) ★★
1.00 AM FILM **Narrow Margin** As 9.00pm.
3.00 FILM **Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
4.50 **to 6.00** AM **The Twilight Zone**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Weird or What? With William Shatner**
9.15 **The UnXplained: Mysteries of the Universe** Six editions.
3.05 PM **What on Earth?**
6.00 **History's Greatest Mysteries** Laurence Fishburne explores the Bermuda Triangle. **7.00** The hunt for stolen Nazi treasure. **8.00** The search for Noah's ark.
9.00 **Holy Marvels with Dennis Quaid** Adverse events blamed on the wrath of angry gods.
10.00 **Ivan the Terrible** The story of Russia's first tsar.
11.10 **The UnXplained with William Shatner** The mysteries of Earth. **12.05** AM Cases of near-death experience.
1.00 **National Park Mysteries** Double bill.
2.00 **to 6.00** AM **Alien Files: Unsealed**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, includong at: **6.00** *What You Don't Know Can Kill You:* Jessica comes to the aid of a friend's niece.
7.00 **Abandoned Engineering** A seemingly endless concrete line stretching through the French countryside.
8.00 **Battle Front: WWII Road to Victory** The targeting of a Romanian oil refinery in 1943. **8.30** The Battle of Monte Cassino in 1944.
9.00 **The Battle of Britain: 3 Days That Saved the Nation** A three-part guide to the aerial battle. **10.00** The story of 30 August 1940. **11.00** A look at the events of 15 September 1940 – the most decisive day in the battle.
12.00 **to 4.00** AM **Wentworth Prison**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase** Quiz hosted by Bradley Walsh.
5.00 **The Chase Celebrity Special** Mike Bushell, Annabel Croft, Rhea Bailey and Rylan Clark-Neal take part.
7.00 **The Chase** Double bill of the quiz show.
9.00 **The Chase Celebrity Special** Nicholas Owen, Laila Rouass, Vanessa Feltz and Tim Vine compete for charity.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **Georgie and Mandy's First Marriage**
11.00 **The Big Bang Theory**
1.00 PM **The Big Bang Theory** Sixteen episodes, including at: **8.00** 19/24. Sheldon breaks a promise to go to a party with Amy. **8.30** 20/24. Penny buys Leonard and Sheldon some *Star Trek* memorabilia. (S5)
9.00 **Mock the Week** With guests Rhys James, Alasdair Beckett-King, Ed Byrne, Hugh Dennis and Ellie Taylor.
10.00 FILM **Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy. (1987, 15, 99min) ★★★
12.00 M'T **Young Sheldon**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Friends** (S6)
3.00 PM FILM **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
4.40 **Friends** (S6)
7.55 **Friends** 1/24. Monica celebrates her engagement to Chandler. **8.30** 2/24. Monica excitedly starts making wedding plans. (S7)
9.00 FILM **Paul** Sci-fi comedy starring Simon Pegg and Nick Frost. (2011, 15, 104min) ★★★★
11.10 **Lee Evans Live at Wembley** Stand up.
1.10 AM **8 Out of 10 Cats Uncut** Panel show.
2.50 **Whose Line Is It Anyway? USA**
3.20 **Fat Chat with Desiree Burch**
3.30 **Jimmy Carr's Am I the A**hole?**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Friends** (S6)
9.30 **Michael McIntyre's Big Show** As 8.00pm.
10.30 **Everybody Loves Raymond** (S6)
3.00 PM **Friends**
4.30 **Everybody Loves Raymond** (S6&7)
8.00 **Michael McIntyre's Big Show** With guests Ellie Goulding and Jermaine Jenas.
9.00 **Friends** 1/24. Monica plans an evening out to celebrate her engagement to Chandler. **9.30** 2/24. Monica excitedly starts making wedding plans. (S7)
10.00 **Friends** (S7)
2.00 AM **New Girl** (S3)
3.00 **South Park** (S15)
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Best Music Live!**
8.20 **On the Buses** 4/6. (S2)
8.55 **Oh, Doctor Beeching!**
10.45 **Some Mothers Do 'Ave 'Em** 1-6/6. (S3)
3.05 PM **Steptoe and Son**
3.45 **Minder** 1-5/11. (S1)
9.00 **Benidorm** 2/7. (S8)
10.00 **Shameless** 5/16. Mateo runs a first-aid course, and Kenneth could be in for a windfall after the death of his uncle. (S6)
10.55 **Man About the House**
11.25 **Rising Damp** 6/7. (S3)
11.55 **Benidorm** 2/7. (S8)
12.55 AM **Minder** 9/13. (S2)
1.55 **In Sickness and in Health** 5/6. (S1)
2.30 **Man About the House**
2.55 **Duty Free** 2/7. (S3)
3.15 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Journeys: Keighley & Worth Valley Rail**

MTV

126/127 137 134 351 366

6.00 AM **16 and Pregnant**
6.45 **Teen Mom: From the Beginning** Reality series.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Teen Mom 3**
1.00 PM **Catfish: The Dramatic**
2.00 **Catfish: On the Run**
3.00 **Catfish: The TV Show**
8.00 **Catfish: Fiendish Friends** A woman ends a real-life relationship to pursue an online one.
9.00 **True Life Crime UK** The case of Blessing Olusegun, who was found dead on a beach in Bexhill, East Sussex.
10.30 **Ink Master: Angels**
1.30 AM **Caught in the Act: Double Life** Naomi hired her friend as a surrogate – with dramatic results.
2.20 **Sleeping with My Murderer** True crime.
3.10 **to 4.00** AM **My Lover, My Killer**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Expedition X**
12.00 NOON **The Last Woodsmen** It's all hands on deck to save a sinking float camp. **1.00** PM Jared races to move enough wood to water. **2.00** Jared races to maximise his bid for the Forever Claim. **3.00** Jared strikes a risky deal with a powerful businessman. **4.00** Jared's first $100,000 royalty payment is in jeopardy. **5.00** Jared watches a loader tumble down the road.
6.00 **Gold Rush** Rick is shaken by his find at the bottom of Valhalla.

12.00 The Last Woodsmen

7.00 **Ed Stafford's Rite of Passage** In Mongolia, Ed must wrestle the giant heirs of Genghis Khan to become a man.
8.00 **Maine Cabin Masters** Chase Morrill and his team renovate an off-the-grid camp for a family of city slickers.
9.00 **Ed Stafford's Rite of Passage** Ed travels to the Ecuadorian rainforest to meet the Waorani.
10.00 **Curse of the Bermuda Triangle** Experts look into the disappearance of five US Navy planes in the Bermuda Triangle.
11.00 **Expedition Files** Josh Gates analyses the Patterson-Gimlin Bigfoot film. Plus, a look at whether the Hindenburg airship disaster was an accident or sabotage.
12.00 M'T **Moonshiners**
3.00 **to 5.00** AM **Street Outlaws: Memphis**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Treehouse Masters** Pete Nelson attempts to build a treehouse inspired by Thomas Jefferson in Virginia.
6.00 **The Gamechangers: Inventing the World** A profile of pioneering engineers seeking to solve the mysteries of space.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** A look at how a lizard can walk on water. **7.30** How a barn owl catches prey it cannot see.
8.00 **Extinct or Alive** Forrest Galante sets off on a dangerous, shark-infested search for the extinct Caribbean monk seal.
9.00 **Alaskan Bush People** Alaskan survivor family the Browns discuss the difficulties of maintaining their remote lifestyle.
10.00 **Tanked** Redneck has an opportunity to show off his knowledge by designing an aquarium based on a motorhome.
11.00 **Alaska: The Last Frontier** Eve and Eivin find a boat that has capsized during a storm.
12.00 M'T **Edge of Alaska** Jenny and her newborn are stranded.
2.00 AM **Expedition Bigfoot**
3.00 **Mosquito**
4.30 **to 5.00** AM **How Do Animals Do That?**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Construction Fails**
9.00 **Car S.O.S** Triple bill.
12.00 NOON **Planes that Changed History** The story of the legendary Supermarine Spitfire.
1.00 PM **Air Crash Investigation**
2.00 **Tut's Treasures: Hidden Secrets** Triple bill of editions.
5.00 **Air Crash Investigation** A cargo plane strikes a grove of trees and crashes a mile short of the runway. **6.00** The story of Aeroperú Flight 603, which crashed into the Pacific Ocean in 1996.

5.00 Air Crash Investigation

7.00 **World War II: Secrets from Above** The Battle of the Atlantic, the longest military campaign of World War Two.
8.00 **World War II: The Apocalypse** Rare footage of the most significant events of World War Two, including D-Day.
9.00 **World War II: The Apocalypse** Footage from the end of World War Two, including the final stages of fighting.
10.00 **Nazi Megastructures** Documentary uncovering what is left of Hitler's sea-faring structures, which were built in a bid for world domination.
11.00 **Secrets of Area 51** Behind the scenes at the world's most secret military base, featuring contributions from CIA agents and employees.
12.00 M'T **Air Crash Investigation**
3.00 **to 5.00** AM **UFOs: Investigating the Unknown**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Ancient Aliens: Origins**
8.00 **Mountain Men**
10.00 **The Curse of Oak Island**
11.00 **Storage Wars**
2.00 PM **Lost Grail with Alice Roberts** 1-3/3. Triple bill. Exploring Britain's Holy Grail legends and sacred relics.
5.00 **Britain's X Files** Investigative journalist Tim Tate reveals government investigations into the paranormal.
6.00 **Great British Castle Rescue** An aerial and up-close view of Gwrych Castle in Conwy.

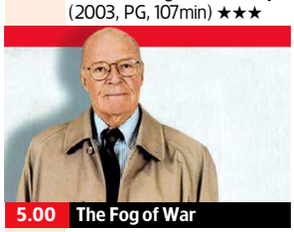
9.00 Hitler's Secret Sex Life

7.00 **Secrets of the Lost Liners** A look at how the Italian liner SS *Andrea Doria* met a disastrous fate in 1956.
8.00 **Secrets of the Lost Liners** The SS *Rex*, an Italian ocean liner launched in 1931.
9.00 **Hitler's Secret Sex Life** The truth behind the rumours of Hitler's sex life, including whispers of homosexuality.
10.00 **Hitler's Secret Sex Life** The myriad of rumours, theories and disputed historical accounts of Hitler's sexual psychology.
11.00 **Secret Sex Lives of Tyrants** Examining the sexual power plays, obsessions and abuses that influenced rulers' reigns – and sometimes the fate of nations, beginning with former Ugandan President Idi Amin.
12.00 M'T **Evidence of the Unexplained** Triple bill.
3.00 **to 6.00** AM **Lost Grail with Alice Roberts**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: William Hurt**
7.00 **Discovering: George Clooney**
8.00 **The Directors**
10.00 **Spielberg**
12.50 PM **My Icon: Casey Stoney**
1.00 FILM **Ice on Fire** Documentary focusing on potential environmental solutions. (2019, PG, 88min) ★★★★
3.00 **Val** Documentary focusing on the life of actor Val Kilmer.
5.00 FILM **The Fog of War** Director Errol Morris's Oscar-winning documentary. (2003, PG, 107min) ★★★


5.00 The Fog of War

7.00 **Chernobyl: The Lost Tapes** Newly discovered archive footage and witness accounts reveal the story behind the 1986 nuclear disaster and the heroic efforts made to prevent another explosion.
9.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident.
11.00 **Manhunt: The Search for Bin Laden** Documentary exploring CIA investigations into Osama bin Laden and the al-Qaeda terrorist network.
1.00 AM **Look Away** Women groomed in their early teenage years by rock stars.
2.50 **Wig** The history and influence of the Wigstock drag festival.
4.40 **My Icon: Nigel Owens**
5.00 **to 6.00** AM **The Directors**

Saturday 7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried: Classic Cars**
4.00 **Shed and Buried: Classic Helicopter**
6.00 **Richard Hammond's Workshop** Richard attempts to upgrade his racing licence.
7.00 **MotoGP** Recent action.
8.00 **Shed and Buried: Classic Combine** Henry and the team take on a 1950s Massey Ferguson combine harvester.
9.00 **The Repair Shop**
10.00 **The Yorkshire Auction House** Angus visits a home with a pub in it.
11.00 **Outback Opal Hunters**
12.00 M'T **Aussie Gold Hunters: Mine SOS**
1.00 AM **Ancient Unexplained Files**
3.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files**
11.00 **Faking It: Tears of a Crime** The crimes of Dr Harold Shipman.
12.00 NOON **Forensic Detectives**
3.00 PM **Murder Under the Friday Night Lights**
7.00 **Murder Under the Friday Night Lights**
9.00 NEW SERIES **Inside the Arrest** After Virginia McCullough is arrested for murder, officers discover her secret.
10.00 **Killer Confessions: Case Files of a Texas Ranger** New edition A Texas Ranger visits a person of interest in a decades-old case.
11.00 **Faking It: Tears of a Crime** The murder of author Helen Bailey.
12.00 M'T **Deadliest Families**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Forensic Factor** The FBI probe bombings and bank robberies linked to a white supremacist group. **7.00** In Bartow, Florida, four bodies are found slaughtered in a factory. **8.00** The body of college student Linda Yalem is discovered.
9.00 **Murder in Mind** The case of Brian Cohee Jr, who murdered a man and hid body parts. **10.00** US model Kelsey Turner's 'Sugar Daddy' scheme turns deadly. **11.00** The case of Ali Abulaban, who abused his wife Ana, then killed her and her friend.
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **48 Hours** Triple bill, including at: **2.00** PM A woman turns to a New York private eye for help tracking down a criminal.
3.00 **Murder by the Sea** The murder of Brian Bishop, who was shot and killed in a shoot-out with an armed robber.
4.00 **Murder in Mind** The story of triple killer Brian Whitelock, who was sentenced to life in prison with no parole. **5.00** How Dr Steven Milner's obsession led to stalking and murder.
6.00 **Judge Judy** Back-to-back real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Murder in Mind**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **A1: Britain's Longest Road** Double bill.
9.00 **Caught on Dashcam**
10.00 **Police 24/7**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **World's Most Evil Killers** Double bill.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers**
7.00 **Forensics: Catching the Killer** A 16-year-old murdered just metres from her home.
8.00 **Murder Uncut** The disappearance of an 11-year-old boy.
9.00 **The Cheshire Murders** The 2007 murders of a family in Connecticut.
11.15 **Mind Over Murder**
1.35 AM **The Real CSI: Miami**
2.30 **Murder Uncut**
3.30 **How I Caught the Killer**
4.30 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **USS Indianapolis: The Final Chapter**
9.50 **Paris: Stories from the City** 1-3/3. Documentary.
1.00 PM **USS Indianapolis: The Final Chapter**
2.15 **Treasures Decoded**
8.10 **Paris: Stories from the City** 1/3. The French capital's architectural journey through time. **9.20** 2/3. How Napoleon and his nephew Napoleon III set about re-inventing the city in the 19th century. **10.25** 3/3. Great secular monuments such as The Pantheon.
11.25 **Weathered: Earth's Extremes** Exploring climate tipping points.
12.00 M'T **USS Indianapolis: The Final Chapter**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SATURDAY

Sky Nature

124/125 113/114 135 354 369

6.00 AM **My Best Friend's an Animal**
8.00 **A Bee's Diary**
9.00 **Wild Tales from the Farm**
11.00 **Arabian Seas**
12.00 NOON **Gladiators**
1.00 PM **Tusker: Brotherhood of Elephants** Documentary.
2.00 **Colombia's Wild Coast**
4.00 **Volcanic Odysseys**
5.00 **The Ocean's Greatest Feast**
6.00 **The Bachelor King**
7.30 **Micro Monsters with David Attenborough** A look at how creepy-crawly predators defuse the defences of their prey.
8.00 **Pride Rules** A look at lion prides.
9.00 **Predators** A community of polar bears struggle to survive.
10.00 **Over Australia** 1/2. Footage of the Australian wilderness. **11.00** 2/2. Aerial footage of Australia's Great Dividing Range.
12.00 M'T **Pride Rules** As 8.00pm.
1.00 AM **Predators** As 9.00pm.
2.00 NEW **Humanlike: The Chimps of Fongoli** Documentary.
3.00 NEW SERIES **Wolves and Lions: Old Enemies**
4.00 **to 6.00** AM **Wild Castles**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **Combat Machines**
10.00 **Combat Trains**
11.00 **Inside the Tower of London**
1.00 PM **Al Murray: Why Do the Brits Win Every War?**
2.00 **Ancient Aliens**
4.00 **The Lost Women Spies**
5.00 **The Secret Nazi Expeditions**
6.00 **WWII's Most Daring Raids**
7.00 **Clash of the Gods** Double bill. Exploring the legend of the Greek king Odysseus, Homer's hero from *The Odyssey*.
9.00 **The Sound and the Fury** In 1944, D-Day pierced the Atlantic Wall, as Operation Bagration crushed the Wehrmacht in the East.
10.00 **WWII Battles in Colour**
11.00 **Ancient Aliens**
1.00 AM **The Nostradamus Effect**
3.00 **The Abyss: Rise & Fall of the Nazis** The invasion of Poland by the German army in 1939.
4.00 **Strangest Things**
5.00 **to 6.00** AM **The Secret Nazi Expeditions**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **How the Universe Works**
4.00 **NASA's Unexplained Files**
6.00 **How It's Made**
8.00 **Alien Highway** Chuck and the team investigate an unusual sighting outside the infamous Skinwalker Ranch in Utah, with evidence suggesting it could have been an alien. **9.00** The team examine the link between UFOs, the military and the ocean.
10.00 **The Alaska Triangle** A cryptozoologist investigates reports of a sea monster. **11.00** Investigating claims by a woman that she is under attack from an unseen force.
12.00 M'T **Expedition Bigfoot**
2.00 AM **Unexplained and Unexplored** Double bill.
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Buried in the Backyard**
6.00 **Accident, Suicide or Murder?**
8.00 **Spring Break Murders** The murder of a music student.
9.00 **Cops Gone Bad with Will Mellor** The case of one of the UK's most prolific sex offenders, David Carrick.
10.00 **Ross Kemp: Lost Boys, Deadly Men** Ross explores British-born Elliot Rodger's 2014 California killings.
11.00 **Predator Files** How predators disguise harmful intentions as concern and protection. **11.30** Investigating a predator who cloaks his actions in religion and moral authority.
12.00 M'T **I Am a Stalker**
1.00 AM **Ozark Law**
2.00 **Hometown Tragedy**
3.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145 182

8.00 AM **Animal Fight Club**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Kangaroo Kaos**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Critter Fixers: Country Vets** The vets operate on an eel and perform a snake c-section.
8.00 **Secrets of the Zoo** An alligator breaks out of its restraints during a medical examination. **9.00** The staff throw a leaving party for two polar bears.
10.00 **Sharkatraz** A dive into the shark-infested waters around Alcatraz, San Francisco's notorious prison island.
11.00 **Snakes in the City** Simon and Siouxsie help a man who did not know he was room sharing with a mamba.
12.00 M'T **Life Below Zero: First Alaskans** Double bill.
2.00 AM **Last of the Giants: Wild Fish** Double bill of editions.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** A look at the mysterious 'ninth' planet reported to exist on the very edge of the Solar System. **7.00** The dangers of exploding stars, colliding galaxies and nebula shockwaves. **8.00** Exploring the mysteries surrounding the formation of supermassive black holes.
9.00 **The Dino Hunters** In Wyoming, Mike and his son uncover a triceratops horn. **10.00** Clayton continues his excavation of a carnivorous dinosaur on his Montana ranch. **11.00** Mike hunts for a duckbill skull, and Jared uncovers an ancient reptile.
12.00 M'T **Maritime Masters: Expedition Antarctica**
1.00 AM **Legendary Locations**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.20 AM **The Two Ronnies**
1.00 PM **The Two Ronnies**
8.10 **The Two Ronnies** With guests Leslie Ash and Elaine Paige, and sketches including Coy George, Don't Quote Me and Raiders of the Last Auk. **9.10** Vintage comedy sketches, including Chef's Special, Boxing Day at the George and Campers. Stephanie Lawrence provides the musical interlude. **10.15** Vintage comedy sketches including Filling In, Martial Arts, and Vagabond Lover, Plus, a guest appearance by Elton John. **11.20** Sketches include News Items, Fete Worse than Death, The Chars and Band of Slaves. Plus, Clodagh Rodgers performs *Heartache* in the studio. **12.10** AM Singer Elaine Paige performs *If You Don't Want My Love* in a musical sketch entitled Expensive House.
12.55 **The Two Ronnies**
4.30 **to 6.00** AM **Abandoned Engineering**

+1hour 266 376

ID

154 140 166

8.00 AM **Betrayed**
10.00 **Breaking Homicide**
12.00 NOON **Broken Trust**
2.00 PM **Evil Lives Here: Shadows of Death** Double bill.
4.00 **Disappeared** Double bill.
6.00 **American Monster** Ramon Sosa feels like the luckiest man alive – until someone marks him for murder. **7.00** Artist Kira and marketing manager Matthew appeared to be happily married. That was, until a maintenance worker made a grisly discovery.
8.00 **Betrayed** The case of single mother Norma Rodriguez.
9.00 **Married to Evil** Amanda Perrault's dream move to a lake house turns into a nightmare.
10.00 **Who the (Bleep) Did I Marry?** Wendi Ellis, whose marriage to Sean Scott took a dark turn.
11.00 **Twisted Love**
12.00 M'T **Seduced to Slay**
2.00 AM **Where Murder Lies**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Kindig Customs**
10.00 **Three Men Four Wheels**
11.00 **Bad Chad Customs**
12.00 NOON **Outback Truckers**
5.00 PM **Texas Metal** Triple bill of the series, including at: **7.00** Bill turns a smashed 2022 Jeep Gladiator into a one-of-one custom truck.
8.00 **Garage Squad** A Vietnam-era 1968 Kaiser Jeep gets pressed back into service. **9.00** A father dedicates a 1965 Mustang rebuild to the memory of his daughter. **10.00** The team restore a 1969 Chevy Suburban, which had been bought to help move music school equipment.
11.00 **Shed and Buried** A Lancashire garage packed with treasures. **11.30** Henry and Sam seek collections in Northern Ireland. **12.00** M'T The adventure in Northern Ireland continues. **12.30** AM Henry and Sam visit a shed near Windsor Castle.
1.00 **to 4.00** AM **Kindig Customs**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.40 AM **Pets on a Train** Animation. (2025, PG, 87min) ★★★
8.20 PREMIERE **On Swift Horses**
10.30 **Nobody 2** As 8.00pm.
12.15 PM **Coyotes** Comedy thriller. (2025, 15, 105min) ★★★
2.00 **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
3.40 **Jurassic World: Rebirth** Fantasy action adventure. (2025, 12, 133min) ★★★
6.00 **Materialists** Romantic comedy. (2025, 15, 116min) ★★★★

9.45 On Swift Horses

8.00 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. A former assassin takes his family on a holiday, but finds himself in the crosshairs of a bloodthirsty crime boss. (2025, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 PREMIERE **On Swift Horses** Romantic period drama starring Daisy Edgar-Jones, Jacob Elordi and Will Poulter. A married couple's promising new life is scuppered by the arrival of the husband's brother. (2024, 15, 119min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Adulthood** Black comedy drama starring Josh Gadd. (2025, 15, 97min) ★★★
1.45 AM **Plainclothes** Romantic thriller. (2025, 15, 95min)
3.35 **The Gentleman** Thriller. (2025, 15, 89min) ★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Middle Earth

303 303 403 503 517

6.00 AM **The Lord of the Rings: The Fellowship of the Ring**
9.05 **The Lord of the Rings: The Two Towers** As 2.35am.
12.10 PM **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★
3.30 **The Hobbit: An Unexpected Journey** Fantasy adventure. (2012, 12, 165min) ★★★
6.20 **The Hobbit: The Desolation of Smaug** Fantasy adventure. (2013, 12, 161min) ★★★★

3.30 The Hobbit

The Hobbit: The Desolation of Smaug (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 **The Hobbit: The Battle of the Five Armies** Conclusion of the fantasy adventure trilogy, starring Martin Freeman, Richard Armitage and Ian McKellen. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy adventure starring Elijah Wood and Ian McKellen. (2001, PG, 178min) ★★★★★
2.35 AM **The Lord of the Rings: The Two Towers** Epic fantasy adventure with Elijah Wood. (2002, 12, 179min) ★★★★★
5.35 **to 8.55** AM **The Lord of the Rings: The Return of the King** As shown at 12.10pm.

Sky Cinema Drama

310 310 410 510 524

6.05 AM **Jungleland** Boxing drama. (2020, 15, 90min) ★★★★
7.40 **Two Mules for Sister Sara** Comedy Western starring Clint Eastwood and Shirley MacLaine. (1969, 15, 114min) ★★★
9.35 **An Officer and a Gentleman**
11.40 **The Damned United** Biopic. (2009, 15, 98min) ★★★★
1.20 PM **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★
3.35 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
5.40 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
8.00 **About a Boy** Comedy drama based on the novel by Nick Hornby, starring Hugh Grant. (2002, 12, 101min) ★★★★
9.45 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
12.05 AM **The Brutalist** Epic drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
3.25 **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
5.30 **to 7.35** AM **An Officer and a Gentleman** Romantic drama. (1981, 15, 125min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.35 AM **Back to the Future** Time-travel comedy fantasy. (1985, PG, 115min) ★★★★★
9.35 **Back to the Future Part II** Comedy adventure sequel. (1989, PG, 107min) ★★★
11.30 **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★
1.30 PM **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
4.30 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
6.15 **Zombieland: Double Tap** Horror comedy sequel. (2019, 15, 99min) ★★★
8.00 **Battleship** Sci-fi action adventure starring Taylor Kitsch and Rihanna. A hot-headed US Navy lieutenant leads the fight back against alien invaders. (2012, 12, 126min) ★★★
10.25 **Mars Attacks!** Tim Burton's sci-fi spoof with Jack Nicholson. (1996, 12, 106min) ★★★★
12.20 AM **Cuckoo** Horror thriller. (2024, 15, 102min) ★★★
2.05 **Smile 2** Horror thriller sequel. (2024, 18, 127min) ★★★★
4.25 **Sky Cinema Preview**
5.20 **to 7.05** AM **After Earth** Sci-fi adventure starring Will and Jaden Smith. (2013, 12, 98min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.00 AM **Spy Kids 3: Game Over** Sci-fi sequel. (2003, U) ★★★
8.30 **The Hobbit: An Unexpected Journey** (2012, 12) ★★★
11.20 **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
12.40 PM **The Lego Movie** Animation. (2014, U) ★★★★★
2.25 **The Lego Movie 2: The Second Part** (2019, U) ★★★★
4.15 **The Lego Ninjago Movie** ★★
6.00 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12, 101min) ★★

4.15 The Lego Ninjago Movie

7.50 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy starring Henry Thomas. A young LA boy befriends an alien who has been left behind by his spaceship. (1982, U, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Paul Blart: Mall Cop** Comedy starring Kevin James and Jayma Mays. An overweight security guard becomes an unlikely hero when a gang target his mall's bank and takes the staff hostage. (2009, PG, 91min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Paul Blart: Mall Cop 2** Crime comedy sequel. (2015, PG, 92min) ★★
1.20 AM **Breaking Point** Drama. (2023, 12, 102min) ★★★
3.10 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
5.05 **to 7.20** AM **Ride On** Action drama starring Jackie Chan. (2023, PG, 126min) ★★★

Sky Cinema Action

306 306 407 507 521

7.35 AM **Transformers: Dark of the Moon** Sci-fi adventure sequel. (2011, 12, 154min) ★★★
10.10 **The Patriot** Epic drama. (2000, 15, 167min) ★★★
1.00 PM **Twisters** Standalone disaster drama sequel. (2024, 12, 122min) ★★★★
3.05 **Shazam!** Comedy adventure. (2019, 12, 132min) ★★★★
5.30 **Wonder Woman** Fantasy adventure starring Gal Gadot. (2017, 12, 121min) ★★★★

10.45 Shooter

8.00 **Transformers: Age of Extinction** Sci-fi adventure starring Mark Wahlberg and Stanley Tucci. The shape-changing robots emerge from hiding when technology from their own world threatens the human race. (2014, 12, 166min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Shooter** Action thriller starring Mark Wahlberg and Danny Glover. A former Marine sniper is framed for a political assassination and forced to go on the run. (2007, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **The Dark Tower** Fantasy adventure starring Idris Elba. (2017, 12, 95min) ★★
2.35 **2 Fast 2 Furious** Thriller sequel starring Paul Walker. (2003, 12, 108min) ★★★
4.25 **to 6.10** AM **The Fast and the Furious: Tokyo Drift** Thriller. (2006, 12, 104min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.00 AM **So I Married an Axe Murderer** Comedy thriller. (1993, 15, 92min) ★★★
8.40 **Zoolander 2** As 11.40pm.
10.25 **Instant Family** As 8.00pm.
12.30 PM **The Golden Child** Fantasy. (1986, PG, 93min) ★★
2.05 **White Chicks** (2004, 15) ★
4.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
6.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★

4.05 Miss Congeniality

8.00 **Instant Family** Comedy drama starring Mark Wahlberg and Rose Byrne. A couple decide to adopt, but get more than they bargained for when they take in a rebellious teen and her two siblings. With Isabela Moner. (2018, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Semi-Pro** Comedy with Will Ferrell and Woody Harrelson. A 1970s pop star turned basketball team owner, coach and player rallies his squad for one last bid for success. (2008, 15, 87min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Zoolander 2** Comedy sequel. (2016, 12, 102min) ★★★
1.30 AM **Jackass 3** Comedy sequel. (2010, 15, 93min) ★★
3.20 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
5.05 **to 6.50** AM **The First Wives Club** Comedy with Bette Midler. (1996, PG, 102min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.45 AM **King Ivory** Thriller. (2024, 15, 130min) ★★★
9.00 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★
11.20 **Snatch** Crime comedy drama. (2000, 18, 102min) ★★★★
1.05 PM **The Accountant** (2016)
3.15 **Inception** Director Christopher Nolan's sci-fi mystery thriller. (2010, 12, 148min) ★★★★★
5.45 **Captain Phillips** Fact-based thriller starring Tom Hanks. (2013, 12, 129min) ★★★★★

5.45 Captain Phillips

8.00 **Trap** Director M Night Shyamalan's thriller starring Josh Hartnett. A serial killer attempts to evade a police blockade while attending a concert with his daughter. With Saleka Night Shyamalan. (2024, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

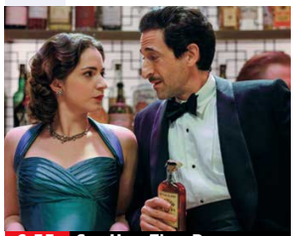
9.50 **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department closes in. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Scarface** Brian De Palma's crime thriller starring Al Pacino and Michelle Pfeiffer. (1983, 18, 163min) ★★★★★
3.00 **Neighborhood Watch** Thriller starring Jeffrey Dean Morgan. (2025, 15, 92min) ★★★★
4.40 **to 6.45** AM **The Bikeriders** Crime drama with Tom Hardy. (2023, 15, 116min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Fantastic Voyage** Thriller. (1966, U, 100min) ★★★★
1.05 PM **The Incredible Shrinking Man** Classic sci-fi thriller. (1957, b/w, PG, 81min) ★★★★
2.55 **Rat Race** Road comedy. (2001, 12, 112min) ★★★
5.05 **Made in Italy** Comedy drama. (2020, 15, 94min) ★★★
6.55 **See How They Run** Mystery comedy with Sam Rockwell. (2022, 12, 98min) ★★★★


6.55 See How They Run

See How They Run (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **Old** M Night Shyamalan's horror starring Gael Garcia Bernal. A vacationing family discover that the beach where they are relaxing is somehow causing them to age rapidly. (2021, 15, 108min) ★★
1.50 **to 3.50** AM **Hearts of Darkness: A Filmmaker's Apocalypse** Documentary. (1991, 15, 96min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Adventure

302 302 402 502 516

6.05 AM **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
7.30 **The Golden Compass** (2007)
9.30 **DC League of Super-Pets** Animation. (2022, PG) ★★★
11.30 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
1.20 PM **How to Train Your Dragon** Fantasy starring Mason Thames. (2025, PG, 125min) ★★★★

3.30 **The Golden Compass** Fantasy. (2007, PG, 109min) ★★★
5.30 **Aquaman** Superhero adventure. (2018, 12, 143min) ★★★
8.00 **Venom** Fantasy adventure starring Tom Hardy. A journalist gains superhuman strength and power when his body merges with an alien organism. (2018, 15, 112min) ★★★
10.05 **Batman & Robin** Fantasy adventure starring George Clooney and Chris O'Donnell. (1997, PG, 125min) ★★

12.25 AM **Raiders of the Lost Ark** Steven Spielberg's adventure. (1981, PG, 115min) ★★★★★
2.35 **Transformers: The Last Knight** Sci-fi action adventure sequel. (2017, 12, 155min) ★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

307 307 404 504 518

6.20 AM **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
8.15 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
10.05 **Big Daddy** Comedy. (1999, 12, 95min) ★★★
11.40 **The Blues Brothers** Cult comedy from John Landis. (1980, 15, 135min) ★★★★★
1.55 PM **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★

3.55 **Twister** Disaster drama. (1996, PG, 114min) ★★★
5.50 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure thriller sequel starring Dennis Quaid. (1983, 12, 99min) ★★

11.45 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
1.45 AM **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121min) ★★★★★
3.55 **to 6.00** AM **The Mummy** Action adventure with Brendan Fraser. (1999, 15, 124min) ★★★★

Sky Cinema Animation

312 315 405 500 514

7.10 AM **Rango** As 4.00pm.
9.00 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
10.40 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
12.25 PM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
2.10 **Transformers One** Animation. (2024, PG, 104min) ★★★★
4.00 **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★

6.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
7.50 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
9.45 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
11.25 **Penguins of Madagascar** Animation. (2014, U) ★★★★
1.10 AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
2.35 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★

4.10 **Batman Unlimited: Monster Mayhem** Animated adventure. (2015, PG, 76min) ★★★
5.45 **to 7.20** AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animated family adventure. (2021, PG, 78min) ★★★

Movies 24

315 313 419

7.00 AM **The Date Whisperer** Drama. (2023, PG, 87min) ★★
9.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
11.00 **The Professional Bridesmaid** Drama. (2023, PG, 90min) ★★
1.00 PM **Something New: A Teagarden Mystery** Crime drama. (2023, U, 87min) ★★
3.00 **Branching Out** Drama. (2024, PG, 90min) ★★

5.00 **The Love Hunt** Romantic comedy. (2023, PG, 89min) ★★
7.00 **Hearts in the Game** Romantic comedy starring Erin Cahill. (2023, PG, 84min) ★★
9.00 **Mystery Island: Play for Keeps** Crime drama starring Elizabeth Henstridge and Charlie Weber. A corporate retreat at the luxury resort results in a murder and Emilia being confronted with her past. (2025, PG, 90min) ★★
11.00 **Something's Brewing** Drama. (2023, PG, 89min) ★★

1.00 AM **A Very Venice Romance** Romantic comedy drama. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★

Movies 24+ 329 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **South of the Rio Grande** Western. (1945, b/w, PG) ★★★
7.15 **Mary Had a Little Lamb**
7.20 **The Black Arrow** 5/7. (S3)
7.50 **Legend of the Hidden City**
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 1/26. (S3)
9.30 **The Roy Rogers Show**
10.00 **Captain Scarlet and the Mysterons** 4/32. (S1)
10.30 **The Adventures of William Tell**

11.00 **The Buccaneers** 15/39. (S1)
11.30 **The Adventures of Robin Hood**
12.00 NOON **Planet Outlaws** Adventure. (1953, b/w, PG) ★★★
1.25 PM **North West Frontier** Adventure. (1959, U) ★★★
4.00 **Whiplash** 9/34. (S1)
4.35 **Hobson's Choice** (1953) ★★★★
6.45 **Look at Life**
7.00 **Maigret** 13/13. (S3)
8.00 **The Duchess of Duke Street**
9.05 **The Blue Lagoon** (1980, 15) ★
11.15 **A Hole Lot of Trouble**
11.50 **Look at Life**

12.00 M'T **Eurotrash** With John Waters.
12.35 AM **Warm Nights and Hot Pleasures** (1964, b/w, 18) ★★★
2.05 **100 Years of Horror**
4.10 **Look at Life**
4.25 **The Adventures of Sir Lancelot**
4.55 **Stingray** 12/39. (S1)
5.30 **to 6.00** AM **Honey West**

Sky Sports Main Event

401 401 501 419 439

6.00 AM **LIVE Ladies European Tour Golf** Day three of the Australian WPGA Championship at Sanctuary Cove Golf and Country Club in Queensland.
7.00 Sky Sports Breakfast
10.00 Soccer Saturday Pre-Match
11.00 LIVE EFL **Ipswich Town v Millwall.** The Championship match from Portman Road. Kick-off **12.30pm**.
3.00 PM **LIVE WTA & ATP Tennis** Coverage of day five of the Miami Open, a hard-court tournament at Hard Rock Stadium in Florida.
5.00 LIVE SNF **Everton v Chelsea.** The Premier League match from Hill Dickinson Stadium. Kick-off **5.30pm**.
7.45 LIVE SNF **Leeds United v Brentford.** The Premier League match from Elland Road. Kick-off **8.00pm**.
10.45 LIVE WTA & ATP Tennis Further coverage of day five of the Miami Open at Hard Rock Stadium.
3.00 to 6.00 AM **LIVE Ladies European Tour Golf** The fourth day of the Australian WPGA Championship in Queensland.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 FNF Bournemouth v Man United.
7.30 The Big Interview
8.00 Premier League Stories
8.30 Transfer 360 Double bill.
9.30 FNF Bournemouth v Man United.
10.00 Saturday Social
11.00 Premier League Stories
11.30 LIVE WSL **Manchester City v Tottenham Hotspur.** The Women's Super League match staged at Joie Stadium. Kick-off **12.00noon**.
2.30 PM **Gillette Soccer Saturday**
5.00 LIVE SNF **Everton v Chelsea.** Coverage of the Premier League match from Hill Dickinson Stadium. The visitors claimed a simple 2-0 victory in the reverse fixture back in December. Kick-off **5.30pm**.
7.45 LIVE SNF **Leeds United v Brentford.** The Premier League match from Elland Road. Kick-off **8.00pm**.
10.45 Premier League Highlights
1.45 AM **Premier League Stories**
2.15 The Big Interview
2.45 PL Greatest Games
4.00 Best PL Goals 06/07
5.00 to 6.00 AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Highlights**
6.15 Championship Retro
8.15 EFL Greatest Games
9.15 Scottish Football VAR Review
9.45 EFL Highlights Championship.
10.00 Saturday Social
11.00 LIVE EFL **Ipswich Town v Millwall.** The Championship match from Portman Road. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE EFL **Swansea City v Coventry City.** Coverage of the Championship match from Swansea.com Stadium. The visitors are looking for another important three points in their quest for Premier League football as they travel to South Wales. The reverse fixture saw Coventry come away with all three points thanks to a 44th-minute goal from Ephron Mason-Clark in a 1-0 victory. Kick-off **5.15pm**.
8.00 EFL Ipswich Town v Millwall.
10.00 EFL Highlights Championship.
1.00 AM **WSL** Man City v Tottenham.
1.30 EFL Rivalries Double bill.
2.30 EFL Greatest Games
4.00 EFL Cup Action from 2023/24.
5.30 to 6.00 AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Recent highlights.
8.00 IPL A replay of Royal Challengers Bengaluru v Rajasthan Royals at Sawai Mansingh Stadium in Jaipur.
12.30 PM **Best of ICC WT20**
1.00 IPL Royal Challengers Bengaluru v Chennai Super Kings from M. Chinnaswamy Stadium, Bengaluru.
5.30 Best of ICC WT20 Highlights from memorable matches in past tournaments.
6.00 IPL Royal Challengers Bengaluru v Punjab Kings in the final of the 2025 T20 competition at Narendra Modi Stadium in Ahmedabad.
10.30 Best of ICC WT20 Highlights from memorable matches in past tournaments.
11.00 IPL Royal Challengers Bengaluru v Punjab Kings held at Narendra Modi Stadium in Ahmedabad. **12.00** M'T Punjab Kings v Royal Challengers Bengaluru. **1.00** AM Royal Challengers Bengaluru v Punjab Kings. **2.00** Highlights of Mumbai Indians v Royal Challengers Bengaluru at Wankhede Stadium. **3.00** Highlights from Punjab Kings v Chennai Super Kings.
4.00 to 6.00 AM **IPL Highlights**

Sky Sports Golf

406 406 506 423 443

6.00 AM **LIVE Ladies European Tour Golf** Coverage of the third day of the Australian WPGA Championship held at Sanctuary Cove Golf and Country Club.
7.00 PGA Tour Golf Highlights.
11.00 HotelPlanner Tour Golf
11.30 TGL Bitesize New York v Atlanta.
11.45 LIVE PGA Tour Golf Coverage of the early stages of day three of the Valspar Championship.
5.00 PM **LIVE PGA Tour Golf** Further coverage of day three of the Valspar Championship from Innisbrook Resort, Palm Harbor.
10.00 LIVE LPGA Tour Golf The third day of the Fortinet Founders Cup at Sharon Heights Golf and Country Club. American golfers have succeeded at this event on the last two occasions, with both Yealimi Noh and Rose Zhang coming out on top since 2024.
1.00 AM **PGA Tour Champions**
2.00 to 6.00 AM **LIVE Ladies European Tour Golf** The fourth day of the Australian WPGA Championship in Queensland.

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
3.00 PM **LIVE WTA & ATP Tennis** Coverage of day five of the Miami Open held at Hard Rock Stadium in Florida, featuring women's third-round contests and men's second-round matches. At this stage last year, Emma Raducanu continued her fine form while benefiting from the early exit of an opposing player as she took a 6-1 3-0 lead over McCartney Kessler when the American had to withdraw from the match.
3.00 AM **WTA & ATP Tennis**
4.00 ATP/WTA Tour Classic Matches
5.00 to 6.00 AM **WTA Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **Formula 1** Chinese GP.
7.00 Super League A match replay.
9.45 EFL Greatest Games
10.00 Men's T20 World Cup
10.30 WTA Tennis Indian Wells Open.
11.30 LIVE WSL **London City Lionesses v Chelsea.** Coverage of the match staged at Copperjax Community Stadium. Kick-off **11.55am**.
2.30 PM **Tennis** Indian Wells Open.
4.30 PDC Classics Painter v Taylor.
5.00 EFL Greatest Games
5.20 LIVE Bundesliga **Borussia Dortmund v Hamburg SV.** Coverage of the German top-flight match held at Signal Iduna Park. Kick-off **5.30pm**.
7.30 PDC Classics Painter v Taylor.
8.00 Tennis Indian Wells Open finals.
10.00 TGL Two match replays.
2.00 AM **Men's T20 World Cup**
3.00 Darts Gold Archive action.
4.00 to 6.00 AM **PDC Classics**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 3** In Melbourne.
8.15 Formula 2 Australian Grand Prix.
11.00 Chasing the Dream
11.20 Red Bull Pitstop
11.30 The F1 Show Race preview.
12.30 PM **Formula 1** From Australia.
2.45 Ted's Notebook
3.15 Formula 1 Australian Grand Prix.
7.45 Ted's Notebook
8.15 Formula 1 The Australian Grand Prix held at Albert Park Circuit.
9.15 Formula 2 Action from the Australian Grand Prix feature race.
10.45 Formula 3 Australian Grand Prix.
12.00 M'T **to 6.00** AM **The Best of F1**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Snooker World Open** The semi-finals in Yushan.
9.30 The Breakdown
10.00 Premier League Preview
10.30 The Breakdown
11.00 LIVE Premier League **Brighton & Hove Albion v Liverpool.** Coverage of the top-flight match from the Amex Stadium. Kick-off **12.30pm**.
3.00 PM **LIVE The Gallagher PREM** **Exeter Chiefs v Sale Sharks.** Coverage of the match from Sandy Park. Kick-off **3.05pm**.
5.15 The Breakdown
5.45 UEFA Champions League
6.00 LIVE UFC The preliminary bouts.
8.00 LIVE UFC **Lerone Murphy v Movsar Evloev.** Coverage of the featherweight bout from the O2 Arena, plus the undercard.
11.30 MotoGP Grand Prix of Brazil.
12.00 M'T **Premier League**
1.30 AM **LIV Golf** Highlights.
3.00 MotoGP Grand Prix of Brazil.
3.30 UEFA Champions League
4.00 to 6.00 AM **LIVE Isuzu UTE A-League** **Sydney FC v Newcastle Jets.**

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE Isuzu UTE A-League** **Melbourne Victory v Central Coast Mariners.** Kick-off **6.00am**.
8.00 Premier League Preview
8.30 The Gallagher PREM
9.30 LIVE Alpine Skiing In Norway.
10.45 MotoGP Highlights.
11.30 LIVE MotoGP The Grand Prix of Brazil Moto3 and Moto2 second free practice sessions.
1.00 PM **LIVE MotoGP** The Grand Prix of Brazil MotoGP second free practice and qualifying sessions.
3.45 LIVE MotoGP Coverage of the Grand Prix of Brazil Moto3 and Moto2 qualifying sessions.
5.45 LIVE MotoGP Coverage of the Grand Prix of Brazil sprint race.
6.45 UEFA Champions League
7.00 The Breakdown
7.30 LIVE Serie A **Juventus v Sassuolo.** From Allianz Stadium. Kick-off **7.45pm**.
9.45 TNT Sports Reload
10.00 LIVE Women's Curling World Championship A semi-final.
1.00 AM **MotoGP** Grand Prix of Brazil.
1.30 LIVE Women's T20 Cricket **New Zealand v South Africa.**
5.45 to 6.00 AM **TNT Sports Reload**

Sky Sports Action

412 410 510 426 446

6.00 AM **NBA Basketball**
8.00 Super League Highlights
8.30 LIVE NRL **South Sydney Rabbitohs v Wests Tigers.** Coverage of the match staged at Polytec Stadium in Gosford. Kick-off **8.35am**.
10.30 Super League Highlights
11.30 NBA on Fire The latest news.
12.00 NOON **Premier League Darts**
4.00 PM **Super League Highlights**
4.15 Women's Super League
4.30 Super League Highlights
5.00 NFL Highlights
6.00 NBA on Fire The latest news.
6.30 NFL Bitesize Highlights
7.00 NFL Highlights Philadelphia Eagles v Detroit Lions. **8.00** Action from New England Patriots v Houston Texans.
9.00 LIVE NBA Basketball **Washington Wizards v Oklahoma City Thunder.** The inter-conference match at Capital One Arena. Tip-off **9.00pm**.
11.30 Super League Highlights
1.00 AM **NFL Highlights**
2.00 Super League
4.45 NFL Bitesize Highlights
5.00 Super League Highlights
5.45 to 6.00 AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **LIVE Super Rugby** **Moana Pasifika v Crusaders.** Coverage of the match from Go Media Stadium. Kick-off **6.05am**.
8.00 Sky Sports Breakfast
8.30 LIVE Super Rugby **Waratahs v Blues.** Coverage of the match from Allianz Stadium in Sydney. Kick-off **8.35am**.
10.30 Soccer Saturday Pre-Match
11.00 EFL Build-Up
12.25 PM **LIVE EFL** **Blackburn Rovers v Middlesbrough.** Coverage of the Championship match staged at Ewood Park. Kick-off **12.30pm**.
3.00 LIVE WTA & ATP Tennis Coverage of day five of the Miami Open held at Hard Rock Stadium in Florida, featuring women's third-round contests and men's second-round matches. At this stage last year, Emma Raducanu continued her fine form while benefiting from the early exit of an opposing player as she took a 6-1 3-0 lead over McCartney Kessler when the American had to withdraw from the match.
1.30 AM **Premier League Darts**
5.30 to 6.00 AM **EFL Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE T100 Triathlon World Tour** From Queensland.
7.30 UEFA Champions League
8.00 LIV Golf From South Africa.
9.30 LIVE LIV Golf In South Africa.
3.30 PM **TNT Sports Cricket Reload**
3.45 LIVE Ski Jumping Day one of the men's HS240 in Oslo, Norway.
5.45 LIVE Powerlifting European Classic Championship Coverage from Valetta, Malta.
7.15 Alpine Skiing In Lillehammer.
8.15 Cycling Event highlights.
11.15 LIVE Longines League of Nations From Ocala, Florida.
1.00 AM **Alpine Skiing** In Lillehammer.
2.00 Serie A Juventus v Sassuolo.
3.00 LIVE A-League Women **Canberra United v Adelaide United.** Kick-off **3.00am**.
5.00 to 7.00 AM **LIVE A-League Women** **Western Sydney Wanderers v Melbourne City.** Kick-off **5.00am**.

TNT Sports 4

414 416 524 411 434

5.00 AM **LIVE AFL** **GWS Giants v St Kilda Saints.** At ENGIE Stadium. Bounce-up **5.15am**.
8.00 MotoGP Grand Prix of Brazil.
8.30 LIVE Cycling The men's Milan San Remo in north-west Italy.
11.30 LIVE Cycling The women's Milan San Remo in north-west Italy.
1.45 PM **LIVE Cycling** Further coverage of the men's Milan San Remo from north-west Italy.
4.45 LIVE Cross Country Skiing The men's and women's sprint freestyle in Lake Placid, New York.
6.45 LIV Golf From South Africa.
8.15 Snooker World Open
10.15 UEFA Champions League
10.45 TNT Sports Reload
11.00 The Gallagher PREM
2.00 AM **Snooker World Open**
4.00 to 7.00 AM **LIVE AFL** **Port Adelaide Power v Essendon Bombers.** Coverage from Adelaide Oval. Bounce-up **4.15am**.

Premier Sports 1

419 551

6.00 AM **Argentine Primera**
8.00 Downhill Skateboarding
9.00 F1H2O World Championships
9.30 NHL Ice Hockey
11.30 Rugby Union Highlights.
2.55 PM **LIVE United Rugby Championship** **Benetton v Ospreys.** From Stadio Comunale Monigo. Kick-off **3pm**.
5.00 LIVE United Rugby Championship **Glasgow Warriors v Leinster.** Coverage from Scotstoun Stadium. Kick-off **5.30pm**.
8.00 Temples of Sport
9.00 LaLiga Elche v Mallorca.
10.55 Temples of Sport
11.55 LIVE Brasileiro Serie A **Sao Paulo v Palmeiras.** From MorumBIS. Kick-off **12.00m't**.
2.00 AM **LIVE NHL Ice Hockey** **Edmonton Oilers v Tampa Bay Lightning.** Face-off **2.00am**.
5.00 NHL: This is Hockey
5.30 to 6.00 AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **NHL Ice Hockey**
8.00 United Rugby Championship
12.00 NOON **LIVE United Rugby Championship** **Lions v Edinburgh.** Kick-off **12.45pm**.
2.45 PM **LIVE United Rugby Championship** **Sharks v Munster.** Coverage of the match at Hollywoodbets Kings Park Stadium. Kick-off **3.00pm**.
5.15 LIVE SPFL **Rangers v Aberdeen.** Coverage from Ibrox. Kick-off **5.45pm**.
8.15 Football's Greatest
8.45 NHL Specials Florida Panthers.
9.45 Africa Eco Race
10.00 Downhill Skateboarding
10.30 NHL on the Fly
11.00 LIVE NHL Ice Hockey **Montreal Canadiens v New York Islanders.** Face-off **11.00pm**.
2.00 AM **Temples of Sport**
2.30 Football's Greatest
3.00 Top 14 Rugby Union
5.00 to 6.00 AM **Football's Greatest**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

22 March

Evening Planner

Family Drama

Crookhaven
BBC1, 3.05pm & 3.50pm (box set, BBC iPlayer)
Young crooks fine-tune their nefarious skills in this family-friendly heist drama.

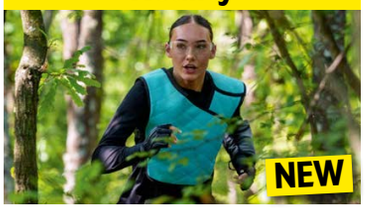
Football

EFL Cup Final
ITV1, Sky One, Sky Sports Main Event & Sky Sports Football, kick-off 4.30pm
Arsenal and Manchester City face off for the first silverware of the season.

Cookery

The Great Celebrity Bake Off for SU2C
C4, 7.40pm
Cherish Finden joins Paul Hollywood to judge six comics making their tent return.

Reality



The Hunt: Prey vs Predator
C4, 9pm
It's chased or be chased as contestants flee for a chance of winning up to £100k.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 The Other Bennet Sister		9.00 The Capture		10.00 News	10.30 Match of the...
	102 BBC2	◂ 5.00 Athletics: World Indoor Championships – Live		8.15 Saving Lives at Sea		9.00 Forensics: The Real CSI		10.00 Film: Training Day	
	103 ITV1		7.15 News / 7.30 Tipping Point...	8.00 Who Wants to Be a Millionaire?		9.00 Gone			10.15 In Our Blood: The Forever...
	104 CHANNEL 4	◂ 6.05 Film: Toy Story	7.40 The Great Celebrity Bake Off for Stand Up to Cancer			9.00 The Hunt: Prey vs Predator		10.05 Gogglebox	
	105 5	7.00 Air Fryers: Do You Know What You're...		8.00 Rich Holiday, Poor Holiday		9.00 Rich House, Poor House			10.30 National...
	106 SKY ONE	◂ 3.30 EFL Cup Final – Live (Kick-off 4.30)		8.00 Rob & Romesh vs the Jungle		9.00 Film: The Da Vinci Code			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Sort Your Life Out with Stacey Solomon		10.00 Boarders	
	116 BBC4	7.00 Travels with Pevsner		8.00 The Life and Loves of Oscar Wilde		9.00 The Picture of Dorian Gray: The Read...		10.00 Peer Gynt	
	118 ITV2	◂ 6.35 Film: Stardust				9.00 Film: The Suicide Squad			
	136 MORE4	◂ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	◂ 6.30 The Amazing Race Australia		8.00 The Simpsons		9.00 Film: The Inbetweeners Movie			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Watson		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 All Her Fault		10.00 DTF St Louis	
	110 U&GOLD		7.05 Only Fools and Horses		8.25 Dad's Army	9.00 I'm Alan Partridge			10.20 Only Fools and Horses
	111 U&DAVE	7.00 Special Ops: To Catch a Criminal				9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 6.00 Agatha Christie's Marple		8.00 Midsomer Murders				10.00 Vera	
	120 ITV4	◂ 6.00 Formula E			8.30 The Motorbike Show		9.30 Film: Expend4bles		
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Maverick			
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	143 U&DRAMA	◂ 5.50 Sharpe		8.00 Sister Boniface Mysteries		9.00 Silent Witness			
	109 U&ALIBI	7.00 Murdoch Mysteries		8.00 Father Brown		9.00 Death in Paradise		10.00 NCIS: Sydney	
	122 SKY ARTS	◂ 6.40 Iconic Women of Country		8.00 Film: Roman Holiday					10.20 Elvis Presley...
	132 U&W	7.00 Inside the Ambulance: Coast and...		8.00 Inside the Operating Theatre				10.00 The Young Midwives of Essex	
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners		8.00 Moonshiners: Master Distiller		9.00 Barnwood Builders		10.00 Wheeler Dealers	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 Alaskan Bush People		10.00 Tanked	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 Planes that Changed History		10.00 Car S.O.S.	
	123 SKY HISTORY	7.00 Killer Kings				9.00 The Rise and Fall of El Chapo			
	155 U&YESTERDAY	7.00 Dom Chinea's Cornish Workshop		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
	114 SKY DOCS	7.00 How the Beatles Changed the World				9.00 Spitfire			
FILMS – Sky Cinema	301 PREMIERE	◂ 5.45 On Swift Horses		8.00 Nobody 2			9.40 Man Finds Tape		
	302 ADVENTURE	◂ 5.45 Batman & Robin		8.00 The Lost World: Jurassic Park					10.10 Shazam!
	303 MIDDLE EARTH	◂ 5.00 The Lord of the Rings: Fellowship...		8.00 The Lord of the Rings: The Two Towers					
	307 GREATS	◂ 6.20 Jaws 3		8.00 The Mummy					10.10 Jurassic Park
	312 ANIMATION	◂ 5.45 Shrek	7.30 Turbo				9.20 DC League of Super-Pets		
	304 FAMILY	◂ 6.00 Stardust			8.20 Charlie and the Chocolate Factory				10.25 The Golden...
	306 ACTION	◂ 6.10 Clash of the Titans		8.00 Venom: The Last Dance				10.00 Fast & Furious 5	
	308 COMEDY	◂ 6.05 Shirley Valentine		8.00 Yesterday				10.00 Mamma Mia!	
	309 THRILLER	◂ 6.05 Ocean's Eight		8.00 RocknRolla				10.05 Scarface	
	310 DRAMA	◂ 6.20 Quartet		8.00 The Shawshank Redemption					10.25 Full Metal Jacket
	311 SCI-FI	◂ 6.10 Children of Men		8.00 28 Years Later				10.00 Se7en	
	313 FILM4	◂ 6.45 Behind Enemy Lines				9.00 Nobody			
SPORT	401 MAIN EVENT	◂ 4.15 EFL Cup Final – Live (Kick-off 4.30)		8.00 Super Sunday: Extra Time		9.00 Tennis – Live: The Miami Open			
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 The Big Interview	8.00 Super Sunday: Extra Time		9.00 SNF		10.00 Premier League Highlights	
	403 FOOTBALL	◂ 3.30 EFL Cup Final – Live (Kick-off 4.30)		8.00 Best Goals	8.30 EFL Goals		9.30 SPFL Highlights	10.00 EFL Cup	
	405 CRICKET	◂ 6.00 IPL							10.30 Best of ICC...
	410 TNT SPORTS 1	◂ 6.15 Formula E...	7.30 Serie A – Live: Fiorentina v Inter Milan (Kick-off 7.45)					10.00 LIV Golf	
	411 TNT SPORTS 2	◂ 5.15 MotoGP – Live (Start-time 6.00)		8.00 The Gallagher PREM		9.00 Women's Curling World Championship – Live: Coverage of the final			

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
7.50 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Pilgrimage: The Road to the Scottish Isles** (S)(R)(AD)
11.30 **Homes Under the Hammer** (S)(R)
12.30 PM **Bargain Hunt** (S)(R)
1.15 **BBC News** (S)
1.30 **Songs of Praise** New edition (S)
2.05 **Gladiators** (S)(R)(AD)
3.05 NEW SERIES **Crookhaven** 1/8. Mystery drama starring Lucas Leach. *See feature, page 8.* (S)(AD) **3.50** New episode 2/8. Gabriel makes a discovery. (S1) (S)(AD)
■ Entire series on BBC iPlayer
4.35 NEW **Comic Relief: More Funny for Money** Highlights show. (S)
5.35 **BBC News** (S)
5.50 **Local News** (S)

8.00 The Other Bennet Sister

6 PM
6.00 Countryfile New edition A look at life after dark on the North York Moors. Margherita Taylor attends the Dark Skies Festival, while Sammi Kinghorn meets the people gathering vital dark-sky data. (S)

7 PM
7.00 Antiques Roadshow Fiona Bruce and the team head to Beaumaris Castle on the Island of Anglesey, where valuable finds include a copy of *Winnie the Pooh* that may be a first edition. (S)(R)

8 PM
8.00 The Other Bennet Sister New episodes 3/10. The Bennet household is thrown into disarray. (S)(AD) **8.30** 4/10. Drama. (S1) (S)(AD)
■ First five episodes are available on BBC iPlayer

9 PM
9.00 The Capture New episode *The Scarecrow:* 3/6. Carey searches for one suspect, whilst Frank Napier deals with another. Pierson's first day on the job gets ever more challenging. (S3) (S)(AD)

10 PM
10.00 BBC News (S)
10.25 Local News (S)
10.30 Match of the Day Highlights of the latest Premier League matches, including Newcastle United v Sunderland and Tottenham Hotspur v Nottingham Forest. (S)
11.35 **The Women's Football Show** Highlights of the weekend's matches in the Super League, including Arsenal v West Ham United and Manchester City v Tottenham Hotspur. (S)
12.25 AM **The Claudia Winkleman Show** With Joanne McNally, Guz Khan and Niall Horan. (S)(R)
1.10 **Weather for the Week Ahead** (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.20 AM **Take a Hike** (S)(R)
6.50 **Countryfile** (S)(R)
7.50 **Breakfast** (S)
9.00 LIVE **Athletics: World Indoor Championships** The morning session on the third and final day at Kujawsko-Pomorska Arena Torun in Poland. The women's pentathlon gets under way with the 60m hurdles, high jump and shot put. *Continues at 5.00pm.* (S)
12.45 PM **Flog It!** The team head to Bognor Regis, West Sussex. (S)(R)
1.15 **This Farming Life** Adam and Lucy's cows must test negative for TB before they can be moved. (S)(R)
2.15 LIVE **Match of the Day: Women's Super League** Leicester City v Aston Villa: All the action from the top-flight match at the King Power Stadium. Kick-off is at 2.45. (S)

9.00 Forensics: The Real CSI

5.00 LIVE **Athletics: World Indoor Championships** Coverage of the evening session on the third and final day from Kujawsko-Pomorska Arena Torun in Poland, where medals are set to be decided in the women's pentathlon, pole vault, 1500m, 800m, 60m hurdles and 4x400m, and the men's 1500m, long jump, 800m and 4x400m. (S1)

8.15 **Saving Lives at Sea** The Walmer crew respond to reports of a incident involving a small boat in the English Channel, and on arrival they are faced with mass casualties in freezing water. (S)(R)(AD)

9.00 **Forensics: The Real CSI** New edition 4/5. West Midlands and Cumbria Police join forces, determined to find forensics that will take down a gang of ATM thieves who have been attacking cashpoints. (S)(AD)

10.00 FILM **Training Day** Police thriller starring Denzel Washington and Ethan Hawke. The proposed new recruit to an elite LA narcotics squad learns that the unit's leader is involved in the drugs underworld. (S) (AD) (2001, 18, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 FILM **Victoria & Abdul** Drama starring Judi Dench and Ali Fazal. Queen Victoria strikes up an unlikely friendship with an Indian clerk who presented her with a ceremonial coin for her jubilee. (S) (2017, PG, 105min) ★★★
1.40 AM **Sign Zone: Question Time** Topical debate from Croydon. (S)(R)
2.40 **Sign Zone: Hostage** (S)(R)(AD)
3.40 **to 5.55** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **James Martin's Saturday Morning** With Alfie Boe. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.30 **Fletchers' Family Farm** New edition The Fletchers throw open the farm gates for their annual festive event. (S)(AD)
12.30 PM **Talking Royals** New edition (S)
1.00 **ITV News** (S)
1.10 **Britain's Got Talent** (S)(R)(AD)
2.25 **Celebrity Sabotage** 1/6. With Joel Dommett, Sam Thompson, Judi Love and GK Barry. (S)(R)(AD)
3.30 LIVE **Football: EFL Cup Final** Arsenal v Manchester City: Coverage of the final at Wembley Stadium. Kick-off is at 4.30. (S)

8.00 Who Wants to Be a Millionaire?

LIVE **Football: EFL Cup Final** (coverage started at 3.30pm)

7.15 **ITV News** (S)
7.25 **Local News** (S)
7.30 **Tipping Point: Best Ever Finals** Two more of the show's most dramatic endgames. (S)(R)

8.00 **Who Wants to Be a Millionaire?** New edition Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)

9.00 **Gone** New episode 5/6. Michael is increasingly isolated as the investigation broadens and Annie doggedly pursues a new line of inquiry. (S1) (S)(AD)
■ Concludes tomorrow

10.00 **ITV News** (S)
10.15 **In Our Blood: The Forever Chemicals Scandal** One-off *Exposure* documentary about the North Yorkshire town of Bentham, which two years ago was recorded as the most contaminated place in the UK for PFAs – some of which are linked to cancers. (S)
11.30 **Long Lost Family** Following the stories of two women searching for long-lost siblings. (S)(R)(AD)
12.30 AM **Teleshopping**
3.00 **Wheel of Fortune** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fletchers' Family Farm** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.55 AM **The King of Queens** (S)(R)(AD)
7.10 **Everybody Loves Raymond** (S)(R)
8.25 **Frasier** 9-11/24. (S6) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Laurence Llewelyn-Bowen, Ritu Arya and Babatunde Aléshé. Plus, music from Foy Vance. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.30 **A Place in the Sun** Laura Hamilton helps a couple find a property in Lazio, Italy. (S)(R)
3.30 **George Clarke's Amazing Spaces** The architect meets a father in Norfolk who is renovating a Volkswagen van to surprise his camping-mad kids. (S)(R)(AD)
4.35 **Devon and Cornwall** A steam engine enthusiast embarks on an ambitious coast-to-coast journey across Devon. (S)(R)(AD)
5.35 **News** (S)

6.05 Toy Story

6.05 FILM **Toy Story** Animation featuring the voices of Tom Hanks and Tim Allen. Woody, a cowboy doll, is Andy's favourite toy, until the arrival of a sci-fi spaceman called Buzz Lightyear. Jealous of his new rival, Woody battles to regain Andy's affection, which leads the two toys into a series of scrapes and adventures. (S)(AD) (1995, PG, 95min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
7.40 NEW SERIES **The Great Celebrity Bake Off for Stand Up to Cancer** Cherish Finden joins Paul Hollywood in judging the charity challenge, featuring Joe Wilkinson, Roisin Conaty, Rose Matafeo, Judi Love, Tom Davis and Jon Richardson. (S)(AD)

9.00 NEW SERIES **The Hunt: Prey vs Predator** 1/9. Adventure reality series in which contestants hunt each other through a forest, with one side winning if they can evade detection and the other seeking to capture them. (S)(AD)
■ Continues tomorrow

10.05 **Gogglebox** The armchair critics share their opinions on what they have been watching on TV. (S)(R)

11.00 **First Dates** (S)(R)(AD)
12.05 AM FILM **The French Dispatch** Wes Anderson's anthology comedy drama starring Bill Murray. (S)(AD) (2021, 15, 115min) ★★★★★
2.00 **Ramsay's Hotel Hell** (S)(SL)(R)
2.50 **Handcuffed: The Final** (S)(SL)(R)
3.45 **The Simpsons** (S)(R)(AD)
4.40 **Sunday Brunch** (S)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.20 **Entertainment News** (S)
9.30 **Bargain-Loving Brits in the Sun** Jo and Pete prepare for their first-ever paid gig. (S)(R)
10.25 **Hotel Benidorm: Fun-Loving Brits in the Sun** (S)(R)
12.25 PM **Holidaying with Jane McDonald** Double bill. (S)(R)
2.20 **Portugal with Michael Portillo** Exploring the Algarve. (S)(R)
3.20 Michael explores the island of Madeira. (S)(R)
4.25 NEW **The Boleyn Traitor: Lady Jane Rochford** Tracy Borman tells the story of the woman that some claim brought down Anne Boleyn. (S)
5.55 **Celebrity Puzzling** Quiz show, featuring guests Ranj Singh and Holly Hamilton. (S)(R)

9.00 Rich House, Poor House

6.55 **News** (S)

7.00 **Air Fryers: Do You Know What You're Missing?** Alexis Conran compares different makes and models of air fryers, and famous faces share helpful tips for using the gadget. (S)(R)

8.00 **Rich Holiday, Poor Holiday** New edition Successful businesswoman Katie and her daughter Lola exchange holidays with cash-strapped couple, furniture maker Chris and tattoo artist Dannii. (S)

9.00 **Rich House, Poor House** New edition The millionaire owner of a packaging company and her husband swap with a struggling woman and her daughter who are both recovering from serious health issues. (S)

10.30 **National Treasure, National Disgrace: Savile, Harris & Hall** 1/3. Stories of those abused by Jimmy Savile, Rolf Harris and Stuart Hall. (S)(R)

11.35 **National Treasure, National Disgrace: Savile, Harris & Hall** 2&3/3. Double bill. (S)(R)
1.30 AM **Teleshopping** (S)(R)
3.00 **A&E After Dark** A 70-year-old man arrives with a dangerously high heart rate. (S)(R)
3.50 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **S.W.A.T.** (S1) (S)(R)(AD)
9.00 **David Attenborough's Wild City** Triple bill. (S)(R)(AD)
11.50 LIVE **Football: WSL** Brighton & Hove Albion v Liverpool: The top-flight clash from Broadfield Stadium. Kick-off is at 12.00.
2.00 PM **The Simpsons** *Simpson and Delilah:* Homer discovers a powerful hair-restorative. (S)(R) **2.30** *Two Cars in Every Garage and Three Eyes on Every Fish:* Mr Burns campaigns to become state governor. (S)(R) **3.00** *Dancin' Homer:* Homer becomes his local baseball team's mascot. (S)(R)
3.30 LIVE **Football: EFL Cup Final** Arsenal v Manchester City: Coverage of the final at Wembley Stadium. Kick-off is at 4.30.

8.00 Rob & Romesh vs the Jungle

LIVE **Football: EFL Cup Final** (coverage started at 3.30pm)

8.00 **Rob & Romesh vs the Jungle** The duo venture deep into the Sumatran jungle to try to take a photo worthy of entry to Wildlife Photographer of the Year. (S)(R)(AD)

9.00 FILM **The Da Vinci Code** Ron Howard's conspiracy thriller based on the novel by Dan Brown, starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (S)(AD) (2006, 12, 160min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.40 **Brassic** 4/6. A woman hires the boys to kill her ex-husband's koi carp collection. (S1) (S)(R)(AD)
12.35 AM **Evil** 1/13. The team must evaluate the likelihood of Leland being possessed. (S2) (S)(R)
1.35 **The Force: Manchester** (S)(R)
2.35 **Road Wars** (S)(R)
3.00 **Rooster** New episode 3/10. Comedy with Steve Carell. (S1)
3.40 **The Force: Manchester** (S)(R)
4.35 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **11.35pm** Sportscene: Premiership Highlights (S)(R) **12.20am** The Women's Football Show (S) **1.10** The Claudia Winkleman Show (S)(R) **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Cumasc: Seisiúin sa Black Gate New editions (S) **11.00** Written by Us (S)(R) **12.00m't** Sunday Politics (S)(R) **12.30am** Inside the Rage Machine (S)(R) **1.30-1.40am** Barra on the Foyle (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Am Dro! (AD) **10.00** Colli Cymru I'r Môr (AD) **11.00** Arfordir Cymru: Llyn **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Y Deis **12.35pm** Y Fets (AD) **1.05** Antur y Gorllewin **2.05** Rali+ **2.35** Cefn Gwlad (AD) **3.10** Y Llinell Las **3.55** Clwb Rygbi **5.40** Pobol y Cwm Omnibws (AD) **6.45** Dechrau Canu Dechrau Canmol New edition **7.15** Newyddion a Chwaraeon **7.30** Y Llais New edition **9.00** Stori'r Iaith **10.00** Radio Fa'ma (AD) **11.00-11.35pm** Codi Hwyl: Llydaw

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** The Brannings spend Mother's Day with the Beales. **7.30** Denise and Kim get an unexpected visitor. **8.00** Denise accidentally causes upset, while Suki and Vinny come to blows. **8.30** Denise and Kim come up with a plan, while Max makes an effort with Linda.
9.00 **Sort Your Life Out with Stacey Solomon** 2/6. Stacey and her team declutter the south London home of a single mum and her 10-year-old daughter.
10.00 **Boarders** New episodes 3/6. Femi is feeling the pressure as he attempts to make a good impression with Cheddar's father. **10.45** 4/6. It's the day of the election, and Femi prepares to take on Cheddar. (S3) ■ Entire series on BBC iPlayer
11.30 **RuPaul's Drag Race UK vs the World**
12.40 AM **Louis Theroux's Weird Weekends**
2.20 **to 3.55** AM **Boarders**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Travels with Pevsner** Writer Lucinda Lambton explores the landscape and architecture of Co Durham.
7.50 **Poems in Their Place: WB Yeats** Seamus Heaney presents poems by his fellow Irish poet.
8.00 **The Life and Loves of Oscar Wilde** A profile of the author and his family, including an interview with his grandson Merlin Holland.
9.00 NEW **The Picture of Dorian Gray: The Read with Luke Thompson** The *Bridgerton* actor reads from Oscar Wilde's only novel.
10.00 **Peer Gynt** Norman Ginsbury's 1972 adaptation of Henrik Ibsen's epic fantasy about a man in search of his soul. Stars Colin Blakely.
12.00 M'T **Mindful Escapes: Breathe, Release, Restore**
12.30 AM **Travels with Pevsner**
1.20 **The Life and Loves of Oscar Wilde** As 8.00pm.
2.20 **to 3.25** AM **The Picture of Dorian Gray: The Read with Luke Thompson**

MORE4

136/137 127 147 18 124 15

8.55 AM **Come Dine with Me**
11.35 **A Place in the Sun**
3.05 PM **Kirstie and Phil's Love It or List It**
4.10 **Location, Location, Location** Kirstie and Phil search the Reading area with two sets of house-hunters.
5.15 **George Clarke's Remarkable Renovations**
6.20 **Four in a Bed** The first visit is to Sherbourne House Hotel in Attleborough, Norfolk. **6.50** The rivals visit Holywell House in Leicestershire.
7.20 **Four in a Bed** The third visit is to The Greyhound Hotel in Cromford, Derbyshire. **7.55** The final visit of the week is to The Royal Hotel in Clacton-on-Sea, Essex. **8.25** Payment Day arrives.
9.00 **999: On the Front Line** New edition Paramedics treat a woman who's passed out for the third time that day, and a man in his 40s with chest pain has a family history of heart failure that could be causing him anxiety.
10.00 **24 Hours in A&E** A 74-year-old man is rushed in with suspected sepsis and his wife shares her experience as his carer.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** As shown at 9.00pm.
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Strangers on a Plane**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.05 **Modern Family**
8.30 **Ramsay's Kitchen Nightmares USA**
10.25 **The Simpsons**
11.50 **Married at First Sight Australia** Double bill.
3.10 PM **The Simpsons**
4.10 FILM **Jumanji: The Next Level** Fantasy adventure sequel with Dwayne Johnson. Players of the rebooted Jumanji return and attempt to rescue one of their own. (2019, 12, 123min) ★★★★
6.30 **The Amazing Race Australia** New edition The teams arrive in Agra for the second leg of the race.
8.00 **The Simpsons** *Mothers and Other Strangers:* A teenage Homer looks for his mother. **8.30** *A Made Maggie:* Homer and Marge select Fat Tony to be Maggie's godfather.
9.00 FILM **The Inbetweeners Movie** Comedy spin-off starring Simon Bird, James Buckley, Blake Harrison and Joe Thomas. Will, Jay, Neil and Simon head off on a lads holiday to Crete. (2011, 15, 97min) ★★★★
11.00 FILM **John Wick: Chapter 3 – Parabellum** Thriller with Keanu Reeves. (2019, 15, 130min) ★★★★
1.35 AM **Gogglebox**
3.30 **Naked Attraction**
4.25 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **Brit Cops: Rapid Response**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
12.00 NOON **UK Border Force**
1.00 PM **The Best of Nothing to Declare** Double bill.
2.00 **Customs UK** Double bill.
3.00 **Police 24/7** The unique relationship law enforcement has with fellow officers. **4.00** A special edition focusing on cases involving animals.
5.00 **Nothing to Declare** Four editions of the documentary.

9.00 Watson

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Watson** New episode *Buying Time:* 6/20. The team race against time to save a 21-year-old athlete with cancer. (S2)

10 PM
10.00 **The Rookie** *The Network:* 5/18. Grey enlists the help of a former colleague to uncover a criminal network. (S8)
11.00 **Fire Country** 10/22. (S1)
12.00 M'T **Law & Order: Criminal Intent** 2/22. (S1)
1.00 AM **Law & Order: Special Victims Unit** 11/22. (S26)
2.00 **Law & Order: Criminal Intent**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
7.55 **The Sopranos** 13/13. (S2)
9.00 **Game of Thrones** (S3)
3.35 PM **Game of Thrones** 1/10. Jon Snow finds himself on trial at Castle Black. **4.40** 2/10. Melisandre oversees a sacrifice to the Lord of Light at Dragonstone. **5.45** 3/10. Dontos spirits Sansa out of King's Landing. **6.50** 4/10. Jaime finally visits Tyrion in jail after some persuasion from Bronn. (S4)

9.00 All Her Fault

7.55 **Game of Thrones** *First of His Name:* 5/10. Cersei and Tywin plot the next move for the Lannisters, and Jon and his men attack the mutineers at Craster's Keep. (S4)

9.00 **All Her Fault** 3/8. Alcaras turns his attention to the recent Chicago marathon, while Peter takes matters into his own hands. (S1)

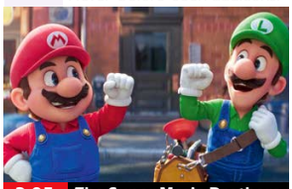
10.00 **DTF St Louis** *The Go-Getter:* 3/7. Detective Plumb discovers that Carol has lied about key details of her affair. (S1)
11.00 **Game of Thrones** 6–8/10. Triple bill of episodes. (S4)
2.00 AM **DTF St Louis** New episode 4/7. Black comedy with David Harbour and Jason Bateman. (S1)
3.00 **Game of Thrones** 9/10. (S4)
4.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
7.55 **Dress to Impress**
8.55 **The Only Way Is Essex**
10.55 **Deal or No Deal**
12.55 PM **Celebrity Sabotage**
2.00 **Celebrity Catchphrase**
3.05 **FILM The Super Mario Bros Movie** Animated adventure with the voice of Chris Pratt. (2022, PG, 92min) ★★★
4.55 **Britain's Got Talent**
6.10 **Britain's Got Talent: Unseen** New edition Never-before-seen auditions.



3.05 The Super Mario Brothers

6.35 **FILM Stardust** Fairytale comedy adventure starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM The Suicide Squad** Comic-book adventure comedy starring Idris Elba. Supervillains Harley Quinn, Bloodsport, Peacemaker and a rag-tag bunch of cons at Belle Reve prison join a secret task force. (2021, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Family Guy** 2/22. Peter tries to make Joe laugh when he realises that he has never found him funny. (S23)
12.10 AM **Family Guy** (S20&3)
1.05 **American Dad!** (S16)
2.05 **Plebs** 7/8. (S2)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.35 **Wycliffe** 3&4/8. (S3)
8.45 **Lewis** *Wild Justice.*
10.45 **Endeavour** *Overture (Pilot).*
12.50 PM **Doc Martin** 7/7. (S3)
1.50 **Rosemary & Thyme**
4.00 **Agatha Christie's Poirot** *Five Little Pigs:* The sleuth reopens a 14-year-old murder case.
6.00 **Agatha Christie's Marple** *The Murder at the Vicarage:* An unpopular colonel is found dead in the vicarage of St Mary Mead and investigations reveal no shortage of suspects.

4.00 Agatha Christie's Poirot

Agatha Christie's Marple (started at 6.00pm)

8.00 **Midsomer Murders** *Sauce for the Goose:* The naked body of a business executive is found dumped in a rival factory's steriliser machine, leaving Barnaby and Scott with a complicated mystery to unravel.

10.00 **Vera** *Blood Will Tell:* Vera investigates the case of a murdered entrepreneur whose legacy of debts and ruined lives leaves no shortage of suspects.
11.50 **After the Flood** 3/6. Jo discovers the two dead men targeted a chemical company. **12.50** AM 4/6. The pressure mounts on Mackie. (S2)
1.50 **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.20 **Auto Mundial**
6.50 **Motorsport Mundial**
7.20 **Cadfael**
9.00 **English Football League Highlights** Recent action.
10.30 **The Big Match Revisited**
12.35 PM **Junk & Disorderly**
1.35 **Sharpe** *Sharpe's Rifles:* Rifleman Sharpe is promoted and sent behind enemy lines to rally Spanish support. **3.45** *Sharpe's Eagle:* The army officer sets his sights on a French eagle standard.

8.30 The Motorbike Show

6.00 **Formula E** Nicki Shields presents a chance to see the Madrid E-Prix, the sixth round of the season, held at Circuito Permanente Del Jarama.
8.30 **The Motorbike Show** Henry Cole visits the Isle of Man and drops in to the Ace Cafe – the famous pitstop on the North Circular.
9.30 **FILM Expend4bles** Action adventure starring Jason Statham and Sylvester Stallone. Barney Ross and the team square off against arms dealer Suarto Rahmat and his private army. (2023, 15, 105min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **EFL Carabao Cup Highlights** Arsenal v Manchester City.
12.20 AM **Black Sails** 5/8. (S1)
1.25 **Lost Car Rescue**
2.15 **Motorsport Mundial**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.30 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Dundee United v Celtic.
8.00 **Sacked in the Morning** With former Arsenal full-back Lee Dixon.
8.30 **The Entertainment Mix** Culture and arts news.
9.00 **Paramedics on Scene** A man calls emergency services threatening to detonate a bomb.
10.00 **Still Game** 2/6. A spooky new undertaker moves into town. (S8)
10.30 **Scot Squad** 4/5. Chief Miekelson receives a momentous phone call from London. (S8)
11.00 **Situationships with Sophie and Christine** Sophie Gravia and Christine McGuinness offer relationship advice.
11.30 PM **to 12.00** M'T **The Sunday Show**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S5)
10.25 **Sex and the City** (S6)
4.00 PM **Community** (S2)
6.30 **The Office (US)** 9/28. Michael discovers Toby is back in the office. **7.00** 10/28. The workers fight among themselves to get what they want. **7.30** 11/28. Phyllis organises a Moroccan-themed Christmas party. **8.00** 12/28. Michael reveals the details of Angela's affair to Andy. **8.30** 13/28. Michael and Dwight try to infiltrate a family-run paper company. (S5)
9.00 **Jack Dee: Small World**
10.30 **Saturday Night Live UK**
11.45 **Bill Maher: But I'm Not Wrong** Stand-up show.
1.10 AM **Veep** (S4)
2.30 **And Just Like That...**
3.30 NEW SERIES **The Comeback** 1/8. Comedy with Lisa Kudrow. (S3)
4.10 **to 5.00** AM **And Just Like That...**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **A Midsummer Night's Dream**
8.10 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Beyond the Brush**
2.00 **Cats: The Musical**
4.00 **FILM Oklahoma!** Classic musical. (1955, U, 145min) ★★★★★
6.40 **Iconic Women of Country** Stars pay tribute to the women who inspired them.
8.00 **FILM Roman Holiday** Romance with Audrey Hepburn. (1953, b/w, U, 118min) ★★★★★
10.20 **Elvis Presley: A Legend in Concert**
11.20 **Sammy Davis Jr: Legends in Concert**
12.20 AM **Opry Live**
1.20 **Coldplay: How We Saw the World – Live in Toronto** From 2006.
3.15 **Greatest Albums Live**
4.45 **to 6.00** AM **Carly Simon: No Secrets – Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Border Security: America's Front Line**
10.00 **Caught on Dashcam**
12.00 NOON **Nothing to Declare** Four editions.
2.00 PM **FILM Signed, Sealed, Delivered: To the Moon and Back** Mystery with Eric Mabius. (2025, PG, 90min) ★★
3.45 **Wildest New Zealand**
4.55 **Animal Empires**
7.00 **Harry Potter 20th Anniversary: Return to Hogwarts** Celebrating 20 years since the franchise's first film.
9.00 **Rob & Romesh vs Magic in Vegas** The duo join Penn & Teller's show in Las Vegas.
10.00 **Brassic** 6/6. (S2)
11.00 **Ricky Gervais Live: Animals** Stand-up show.
12.45 AM **Caught on Dashcam**
1.50 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **In with a Shout** Game show hosted by Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to take their place in the hot seat, and hopefully become the next million-pound winner.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show hosted by Warwick Davis.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Kirstie and Phil's Love It or List It**
3.00 **Location, Location, Location** In London.
4.00 **A Place in the Sun: What Happened Next?**
5.00 **A Place in the Sun**
6.00 **A Place in the Sun: What Happened Next?**
8.00 **The Dog House** A lurcher arrives in need of some serious TLC.
9.00 **Gogglebox**
10.00 **FILM Mission: Impossible – Rogue Nation** Thriller sequel starring Tom Cruise and Jeremy Renner. (2015, 12, 131min) ★★★★
12.35 AM **Gogglebox**
1.35 **Inside The World's Most Luxurious Motorhomes**
2.35 **First Dates**
3.35 **Kirstie and Phil's Love It or List It**
4.30 **to 4.40** AM **Jamie's One-Pan Wonders**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Zodiac: Signs of the Apocalypse** Sci-fi disaster thriller starring Christopher Lloyd. (2014, PG, 90min) ★
1.00 PM **Stargate SG-1** Five episodes, including at: **4.00** 16/22. A curious entity invades the crew's minds. **5.00** 17/22. Jack is stranded on an alien planet. (S3)
6.00 **Star Trek: Deep Space Nine** 21/26. The space station faces annihilation. (S6)

10.40 Johnny Mnemonic

7.00 **Star Trek: Deep Space Nine** *Valiant:* 22/26. Jake and Nog are attacked and beamed on to a warship crewed by Starfleet cadets.
8.00 **Star Trek: Deep Space Nine** *Profit and Lace:* 23/26. A new law means that Zek loses his rank as Grand Nagus.
9.00 **Star Trek: Deep Space Nine** *Time's Orphan:* 24/26. An accident causes issues for O'Brien. **9.50** *The Sound of Her Voice:* 25/26. The crew race to save a stranded Starfleet captain. (S6)
10.40 FILM **Johnny Mnemonic** Futuristic thriller starring Keanu Reeves and Ice-T. (1995, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM FILM **Dark Skies** Sci-fi thriller starring Keri Russell. (2013, 15, 97min) ★★★
2.30 FILM **The Lawnmower Man** Thriller with Pierce Brosnan. (1992, 15, 105min) ★★★
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S10)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 1/10. Frank encounters an old enemy. Guest stars Jim Moir. **5.00** 2/10. A washed-up rock star believes that the Devil is trying to kill him. (S3)
6.00 **Father Brown** *The Sisters of Aeschylus:* Murder ensues when a prestigious group of writers are invited to Montague.

7.00 Murdoch Mysteries

7.00 **Murdoch Mysteries** New episode *Strangers on Paper:* 11/21. Murdoch looks into a murder linked to classified ads. (S19)
8.00 **Father Brown** *The Puzzle of Banburismus:* The priest investigates when a seamstress is stabbed to death.
9.00 **Death in Paradise** *Murder on Mosquito Island:* 6/8. A survival course goes wrong when the leader is found dead. (S9)
10.00 **NCIS: Sydney** *Ghosted:* 4/8. A US petty officer's body is discovered in Sydney's historic and haunted Rocks area. (S1)
11.00 **Father Brown** As 8.00pm.
12.00 M'T **The Boy That Never Was** 2/4. Robin's behaviour grows increasingly mysterious. (S1)
1.00 AM **Murdoch Mysteries**
2.00 **We Hunt Together** 1/6. (S2)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.15 AM **Only Fools and Horses**
12.30 PM **Only Fools and Horses** Ten episodes, including at: **5.45** Rodney tries to help a drunken woman on the street, but his good deed backfires. Fearful of a life behind bars, he promptly goes into hiding. **6.25** The Trotters embark on a venture involving the decoration of Denzil's flat. When they find his wife's canary lying dead in its cage, they assume responsibility and race to replace it before the deal is ruined.

8.25 Dad's Army

7.05 **Only Fools and Horses** Rodney joins the residents' committee. **7.45** Del Boy falls for a glamorous antiques dealer who comes to view an old cabinet.
8.25 **Dad's Army** Mainwaring declares martial law in Walmington-on-Sea.
9.00 **I'm Alan Partridge** Poor sales see Alan's book scheduled to be pulped. **9.40** Alan hears that BBC commissioning editor Tony Hayers has died in a bizarre accident.
10.20 **Only Fools and Horses** Del gets a nasty surprise. With Jim Broadbent.
11.00 **Bottom: Hooligans Island Live 1997** Eddie and Richie become marooned on a desert island – with only a nuclear bomb for company.
1.15 AM **Only Fools and Horses**
2.40 **to 4.00** AM **I'm Alan Partridge**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Wilderness with Simon Reeve** Simon visits Patagonia.
8.00 **Storage Hunters UK**
9.00 **Border Force: America's Gatekeepers** Double bill.
11.00 **Top Gear** Double bill.
1.00 PM **Mortimer & Whitehouse: Gone Fishing** Double bill.
2.20 **Hairy Bikers' Best of British**
4.20 **Robson Green's Weekend Escapes** In North Yorkshire.
5.00 **Wilderness with Simon Reeve** Simon visits Patagonia. **6.00** The adventurer voyages across the Coral Triangle.

5.00 Wilderness

7.00 **Special Ops: To Catch a Criminal** An RSPCA Special Ops team investigate an international puppy farming operation.
8.00 **Special Ops: To Catch a Criminal** The Serious Fraud Office go undercover to investigate a holiday home company.
9.00 **Have I Got a Bit More News for You** Martin Clunes hosts the satirical quiz, with guests Lyse Doucet and Chloe Petts.
10.00 **QI** With guest panellists Bridget Christie, Johnny Vegas and Holly Walsh.
10.40 **Mock the Week** With Gary Delaney, Rob Beckett and Sara Pascoe.
11.20 **Mock the Week** With Angela Barnes, Miles Jupp and Romesh Ranganathan.
12.00 M'T **Live at the Apollo**
1.00 AM **QI XL**
2.00 **to 4.00** AM **Schitt's Creek**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **The Bill** Five episodes.
11.50 **Call the Midwife** (S6)
2.30 PM **Catherine Cookson's The Gambling Man** Feature-length drama set in 19th-century South Shields, starring Robson Green as a card player who risks more than money as the stakes get higher. With Bernard Hill.
5.50 **Sharpe** *Sharpe's Challenge:* The Duke of Wellington sends army officer Sharpe to India after hearing local Maharaja, Khande Rao, is threatening British interests there.

8.00 Sister Boniface Mysteries

Sharpe (started at 5.50pm)
8.00 **Sister Boniface Mysteries** *Lights, Camera, Murder!* A live gun is fired instead of a replica on a film set.
9.00 **Silent Witness** *Flight:* Feature-length episode. The murder of Amir Aziz, a prominent anti-fundamentalist Muslim, drags the Lyell team into the murky world of hate-crime and counter-terrorism. Stars Emilia Fox.
11.10 **New Tricks** *Ice-Cream Wars:* The squad investigate a feud between two family ice-cream businesses – which resulted in a shooting 10 years earlier.
12.30 AM **Call the Midwife**. (S6)
1.50 **A Small Light** 8/8. (S1)
3.00 **to 4.00** AM **Art Detectives**

+1 hour 243 316 60 260

Sunday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Murder, She Wrote**
11.10 **Blue Bloods** (S8)
4.00 PM **NCIS: Los Angeles** Six episodes, including at: **6.00** *Enemy Within:* 19/25. The agents race to find a missing officer. **7.00** *TheJob:* 20/25. A thief plans to steal an antique vase. **8.00** *Rocket Man:* 21/25. Eric goes undercover. **9.00** *Plan B:* 22/25. Deeks tries to protect his best friend from a group of arms traffickers. (S2)
10.00 **Law & Order: Special Victims Unit** *Gimme Shelter – Part Two:* 1/22. Benson and Stabler assist in the case of a girl's shooting. (S24)
11.00 **Law & Order: Special Victims Unit** (S24&23)
1.50 AM **Law & Order: Criminal Intent** (S6)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Car Pound Cops**
8.30 **Dogs Behaving (Very) Badly: Australia**
9.30 **Home and Away**
10.00 **Shoplifters: Caught Red Handed** Triple bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **8.00** A bus crashes on a country road.
9.00 **Murder Suspect No 1** Detectives investigate after a man is beaten to death in a basement.
10.00 **How I Murdered Mum & Dad: The Virginia McCullough Confessions** Virginia 'Ginny' McCullough reflects on the murder of her parents.
11.30 **Murdered at First Sight**
12.30 AM **My Lover, My Killer**
1.25 **Skin A&E**
2.20 **Car Crime: Caught on Camera** Documentary.
3.10 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Winter Road Rescue**
9.50 **Trucking Hell**
11.55 **Outback Truckers**
4.55 PM FILM **In Old California** Western starring John Wayne and Binnie Barnes. (1942, b/w, PG, 88min) ★★
6.50 FILM **Will Penny** Western starring Charlton Heston and Joan Hackett. (1967, PG, 109min) ★★★
9.00 FILM **Den of Thieves** Crime drama starring Gerard Butler and Jordan Bridges. The Los Angeles county sheriffs' department hunts a gang of criminals plotting an audacious bank heist. (2018, 15, 137min) ★★★
11.50 FILM **I Am Wrath** Thriller starring John Travolta. (2016, 15, 90min) ★★
1.50 AM **Mud Mountain Haulers** Double bill.
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.20 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet**
6.00 **Inside the Ambulance: Coast and Country** Paramedics race to a newborn baby with a low temperature. **7.00** In Oxford, a 14-year-old boy suffers multiple fractures from a football tackle.
8.00 **Inside the Operating Theatre** A 21-year-old man is having his gall bladder removed. **9.00** A woman needs to have a polyp removed from her womb.
10.00 **The Young Midwives of Essex** The midwives enjoy a night out, and Summah thinks about her future on the ward.
11.00 **Killer Women with Piers Morgan**
1.00 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
9.00 **Canal Boat Diaries**
1.00 PM **Martin Clunes: Islands of Australia**
2.00 **Martin Clunes: Islands of America**
3.00 **This World: Cuba with Simon Reeve**
4.00 **Sacred Rivers with Simon Reeve**
5.00 **Canal Boat Diaries**
7.00 **Dom Chinea's Cornish Workshop**
8.00 **'Allo 'Allo!** The British airmen are captured. **8.40** Herr Flick prepares to face a firing squad. **9.20** Rene and Edith are ordered to dress up as Hitler and Göring.
10.00 **Bangers & Cash** Charlie heads off on his first solo collection to pick up an Austin van.
11.00 PM **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** With Right Said Fred members Fred and Richard Fairbrass.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** The story of a man whose only memento of his birth mother and siblings is an old newspaper article.
10.00 **Who Do You Think You Are?** Actor Una Stubbs sets out to learn about the grandparents she never got to meet.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

Great! TV

157 167 170 34 32

8.10 AM **Home to Roost** (S1)
8.50 **The Waltons** (S5)
12.50 PM **The Waltons** (S5)
6.50 **FILM Bullet to Beijing** Espionage thriller starring Michael Caine as tough-talking spy Harry Palmer, out of early retirement from the Secret Service and back in post-Cold War Russia on a new mission. With Jason Connery. (1995, 15, 101min) ★★
9.00 **FILM Terminal Velocity** Thriller starring Charlie Sheen. A skydiving instructor plunges into espionage intrigue after a new pupil apparently falls to her death. With Nastassja Kinski. (1994, 15, 102min) ★★
11.15 **M*A*S*H** (S3&4)
1.15 AM **Home to Roost**
2.15 **Rumpole of the Bailey**
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
9.40 **FILM The War Lover** Melodrama. (1962, b/w, PG, 105min) ★★★
12.00 NOON **FILM Hell Is for Heroes!** Action drama. (1962, b/w, 12) ★★★
2.00 PM **FILM Airport 1975** Disaster movie. (1974, PG, 106min) ★★★
4.20 **FILM Major Dundee** Classic western. (1964, PG, 117min) ★★★
6.55 **FILM Showdown** Western. (1972, PG) ★★
9.05 **FILM Soldier Blue** Western. (1970, 18, 109min) ★★★★
11.40 **FILM Firequake** Sci-fi. (2014, 12, 90min) ★
1.30 AM **FILM Johnson County War – Part 1** Western. (2002, 12) ★★
3.20 **Police Ten 7**
3.50 **FILM Panhandle** Western drama. (1948, b/w, U, 85min) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **FILM Martha's Vineyard Mysteries: Poisoned in Paradise** Thriller. (2021, PG,) ★★
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote**
9.00 **FILM An Aurora Teagarden Mystery: Death at the Diner** Crime drama starring Skyler Samuels. (2024, PG, 84min) ★★
10.55 **FILM Lost Letter Mysteries: Higher Ground** Drama starring Eric Mabius. (2017, PG, 84min) ★★
12.50 AM **FILM The Ex Next Door** Suspense thriller starring Alicia Ziegler. (2019, PG, 90min) ★★
2.30 **FILM The Wrong Mother** Thriller starring Vanessa Marcil. (2017, PG, 89min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM Love, Fall & Order** Romantic drama. (2019, U, 84min) ★★
10.05 **FILM The 27-Hour Day** Drama. (2021, PG) ★★
12.00 NOON **FILM Loving Every Minute** Fantasy. (2022, U, 86min) ★★
2.00 PM **FILM Snowmance** Fantasy. (2017, PG) ★★
4.00 **FILM Love By Design** Drama. (2023, PG) ★★
5.55 **FILM The Wish Swap** Romantic fantasy. (2025, PG, 84min) ★★
7.45 **FILM Love Off the Page** Drama. (2022, PG) ★★
9.40 **FILM Belle's Christmas Gift** Romantic drama. (2024, PG, 89min) ★★
11.30 **FILM Christmas at the Greenbrier** Comedy. (2022, PG, 89min) ★★
1.25 AM **FILM The 27-Hour Day** As 10.05am.
3.10 **to 5.00** AM **FILM Snowmance** As 2pm.

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **New Home DIY**
12.30 PM **The Greatest Auction** Four editions.
4.30 **Battle of Britain: Empty Skies** The story of one of history's greatest ever air battles.
5.45 **FILM From Hell to Victory** World War Two action drama starring George Peppard and George Hamilton. (1979, PG, 103min) ★
8.00 **FILM Vendetta for the Saint** Crime mystery starring Roger Moore. Simon Templar, alias The Saint, takes on the Naples Mafia to unmask an aristocratic imposter. (1968, PG, 94min) ★★★
10.00 **FILM Sex with the Stars** Erotic comedy. (1980, 18, 90min) ★
12.00 M'T **FILM Au Pair Girls** Comedy. (1972, 18) ★★
2.00 **to 5.00** AM **The Greatest Auction**

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.00 **Hank the Cowboy**
7.30 **The Gaffer**
8.30 **The Dustbinmen**
9.30 **Bubblegum & Cheese**
10.30 **Star Maidens**
11.30 **That's My Dog**
12.00 NOON **The Champions**
2.00 PM **Boon** 13/13. (S3)
3.05 **The Prime of Miss Jean Brodie**
5.15 **The Gaffer** (S3)
6.15 **Agony** (S3)
7.15 **The Dustbinmen** (S2)
8.15 **Boon** 13/13. (S3)
9.20 **McCallum**
10.25 **True Blue Confessions**
11.25 **FILM Sex and the Other Woman** Comedy. (1972, 18, 105min) ★★
1.10 AM **Stereo Underground**
2.10 **A Day in the Life of Beryl Cook**
2.40 **Hank the Cowboy**
2.55 **McCallum**
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Chasing Classic Cars**
2.00 PM **Kindig Customs**
5.00 **Shorty's Dream Shop**
7.00 **Mysteries of the Deep** Jeremy Wade looks at the Battle of Actium. **8.00** Jeremy explores the tragic sinking of the cruise ferry MS *Estonia*.
9.00 **Cooper's Treasure** Darrell focuses on a multi-million-dollar wreck linked to Sir Francis Drake. **10.00** The team head to a mysterious island.
11.00 **Expedition X** Jess hunts for a legendary creature known as Yacumama. **12.00** M'T A sea monster said to be attacking Bahamian locals. **1.00** AM The team head to Mackinac Island.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food Nation**
10.00 **Man v Food**
10.30 **Man v Food Nation**
12.00 NOON **Man v Food**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Great British Bake Off**
9.00 **Hairy Bikers' Mississippi Adventure** Exploring the jazz heritage of New Orleans. **10.00** The flavours of country music in Nashville, Tennessee.
11.00 **James Martin's Islands to Highland s**James travels to Devon where he meets his friend and Michelin-starred chef Simon Hulstone.. **12.00** M'T James and fellow chef Mark Jordan discover the culinary delights of Jersey.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **The Invaders** (S2)
9.00 **The A-Team** (S5)
2.00 PM **FILM Charro!** Western. (1969, U) ★
3.55 **FILM Gunfighters** Western adventure. (1947, PG, 87min) ★★
5.45 **FILM Monte Walsh** Western with Tom Selleck and Isabella Rossellini. (2002, PG, 95min) ★★
8.00 **The Twilight Zone**
9.00 **FILM D-Tox** Thriller with Sylvester Stallone and Polly Walker. (2002, 18, 96min) ★★★
11.00 **FILM Rambo** Action drama sequel starring Sylvester Stallone. (2008, 18, 90min) ★★★
12.55 AM **FILM Last Knights** Medieval adventure starring Clive Owen and Morgan Freeman. (2015, 15, 112min) ★★
3.05 **to 5.00** AM **FILM War on the Range** Western with James Badge Dale. (2015, 15, 100min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **FILM Sherlock Holmes** Mystery. (2010, 12) ★★
12.00 NOON **FILM A Study in Terror** Mystery thriller. (1965, 15, 91min) ★★★
2.00 PM **FILM Monster Hunters** Sci-fi thriller. (2020, 15, 88min) ★
4.00 **The Fall Guy** (S3)
9.00 **FILM Airport 1975** Disaster movie starring Charlton Heston. (1974, PG, 106min) ★★★
11.05 **FILM Jack's Back** Thriller starring James Spader and Cynthia Gibb. (1988, 18, 93min) ★★
1.00 AM **FILM Doctor Faustus** Screen version of Christopher Marlowe's play, with Richard Burton. (1968, PG, 93min) ★★★
3.00 **FILM MegaFault** Sci-fi action adventure. (2009, 12, 90min) ★★
4.50 **to 6.00** AM **The Twilight Zone**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Road Wars**
6.45 **Rust Valley Restorers**
7.30 **Junk & Disorderly: Henry's Wreck-trospective**
9.15 **Junk & Disorderly**
10.10 **Flipping Bangers**
11.10 **Pawn Stars**
2.05 PM **Auction Hunters**
4.05 **Storage Wars**
7.00 **Beyond Skinwalker Ranch** Katie Paige returns to her childhood home in Colorado.
8.00 **Curse of Skinwalker Ranch** The team investigate an invisible 'bubble' anomaly.
9.00 **Death Coast** The team enter uncharted territory.
10.00 **Secrets of the Lost Liners** The ill-fated ocean liner *Titanic*.
11.00 **Paranormal: Caught on Camera** Double bill.
1.00 AM **The Proof Is Out There** Triple bill.
4.00 **to 6.00** AM **Irish Pickers**

5SELECT

153 166 138 46 133 30

9.00 AM **Entertainment News**
9.10 **Abandoned Engineering**
1.05 PM **Columbo** Five episodes, including at: **5.45** *Short Fuse:* The detective suspects that the heir to a chemicals company has murdered his uncle with a box of exploding cigars. **7.15** *Murder by the Book:* A novelist kills his former partner and tries to appear innocent by helping solve the crime.
9.00 **The Most Embarrassing Live TV Moments** Mishaps and gaffes from live TV shows.
11.00 **Taggart** *Ring of Deceit*: The Glaswegian detective and Jardine investigate the latest in a series of murders by a calculating killer known as The Mechanic.
1.45 AM **James May's Great Explorers**
3.10 **to 4.00** AM **The Hotel Inspector**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase**
5.00 **The Chase Celebrity Special** With Melanie Sykes, Heather Small, Andrew Castle and Graeme Le Saux.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Celebrity Chase** With Matthew Hoggard, Fern Britton, Michelle Mone and Neil Morrissey.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
1.00 PM **The Big Bang Theory** 3-16/24. (S6)
8.00 **Georgie and Mandy's First Marriage** New episodes 19/22. Mandy must help Meemaw collect money from her dad when he loses some bets. **8.30** 20/22. Audrey hopes to meet Connor's girlfriend. (S1)
9.00 **Mock the Week** New edition Satirical panel show hosted by Dara Ó Briain.
10.00 **Mock the Week**
11.00 **Dr Pimple Popper**
12.00 M'T **Young Sheldon**
12.30 AM **Dr Pimple Popper**
1.30 **Say Yes to the Dress: Atlanta** A bride wants to show off her tattoo.
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
11.00 **Friends** (S7)
7.00 PM **Friends** 19/24. Monica's attractive cousin visits. Guest stars Denise Richards. **7.30** 20/24. Rachel meets an old friend. **8.00** 21/24. Chandler writes his marriage vows. **8.30** 22/24. Chandler visits his father. (S7)
9.00 **FILM Maverick** Comedy western based on the TV series, starring Mel Gibson, Jodie Foster and James Garner. (1994, PG, 127min) ★★★
11.30 **8 Out of 10 Cats Uncut**
1.10 AM **Whose Line Is It Anyway? USA**
1.40 **Lee Evans Live at Wembley** Stand-up.
3.30 **Iain Stirling's Roast the Internet**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Friends** (S7)
11.00 **Everybody Loves Raymond** (S7)
2.00 PM **Criminally Funny**
9.00 **Friends** 16/24. Cash-strapped couple Chandler and Monica both ask Joey for money. **9.30** 19/24. Rachel joins Joey on the set of his soap opera. (S9) **10.00** 1/18. Rachel and Joey struggle to tell Ross about their kiss. **10.30** 4/18. Emma's first birthday arrives. **11.00** 5/18. Rachel's sister looks after Emma. **11.30** 7/18. Ross learns Rachel's worst fear. (S10)
12.00 M'T **Friends** (S10)
2.00 AM **New Girl** (S3)
3.00 **The Daily Show**
4.50 **South Park** (S15)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Best Music Live!**
8.25 **On the Buses** 5/6. (S2)
8.55 **Oh, Doctor Beeching!**
10.45 **Birds of a Feather** (S11)
12.40 PM **Steptoe and Son**
3.40 **Minder** (S1)
9.00 **Benidorm** 3/7. Tiger and Joey get into trouble with a biker gang at a local bar. (S8)
10.00 **Shameless** 6/16. Paddy wakes up to find himself chained to a bed in a strange room. (S6)
11.00 **Man About the House**
11.30 **Rising Damp** 7/7. (S3)
12.00 M'T **Benidorm** 3/7. (S8)
1.00 AM **Minder** 10/13. (S2)
2.00 **In Sickness and in Health** 6/6. (S1)
2.35 **Man About the House**
2.55 **Duty Free** 3/7. (S3)
3.20 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Journeys: Cumbria Coast Rail**

MTV

126/127 137 134 351 366

6.00 AM **MTV Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom: From the Beginning** Reality series.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Teen Mom 3**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Catfish: The TV Show** Participants reunite in the Times Square studio. **8.00** Nev and Kamie cross digital borders to hunt the identity of a mystery man.
9.00 **Teen Mom UK: Next Generation** Valentino's birthday ends with Amelia in tears.
10.00 **Tattoo Fixers** A man has his best friend's initials in a rather intimate place.
11.00 **Ink Master**
12.30 AM **Dating Naked**
1.30 **Jersey Shore**
3.10 **to 4.00** AM **Catfish: The TV Show**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** The Raneys look back at their most epic rescues.
1.00 PM Rookie homesteaders may not survive their first Arizona desert winter.
3.00 The Raneys pull out some creative builds to help a Colorado veteran.
5.00 Oregon homesteaders find their dream in jeopardy following an accident. When the Raneys arrive, they find a dilapidated bridge has completely cut them off.

8.00 Moonshiners: Master...

7.00 Moonshiners New edition Tim moves his tariff-dodging operation to Kentucky.

8.00 Moonshiners: Master Distiller New edition Former champions turn unlabelled canned goods into high-proof liquor.

9.00 Barnwood Builders The vicious Ohio winds turn a complicated job into a treacherous one.

10.00 Wheeler Dealers Mike and Elvis attempt to resuscitate a 1974 Jaguar XJ6, but it has not been on the road since 1990.

11.00 Truck Dynasty Documentary following Florida's Apocalypse Manufacturing as they create jaw-dropping custom truck builds. Jerry Jr offers a free customisation to chef Guy Fieri.
12.00 M'T **Shorty's Dream Shop**
3.00 to 5.00 AM **Street Outlaws: Memphis**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 Crikey! It's the Irwins
10.00 Lone Star Law
11.00 Dr Jeff: Rocky Mountain Vet
1.00 PM **Pit Bulls & Parolees**
3.00 My Cat from Hell A cat given as a birthday present proves to be a bad omen.
4.00 A couple attempt to temper their vicious cat.
5.00 Treehouse Masters A thrill-seeker's treehouse.
6.00 Wild Dubai Behind modern Dubai lies a hidden treasure – an incredible wildlife.

8.00 Little Giants

7.00 How Do Animals Do That? How hummingbirds can fly backwards.
7.30 What a dog is saying when it wags its tail.

8.00 Little Giants The team search for the panther chameleon in Madagascar.
8.30 A search for the spiny-tailed iguana.

9.00 Alaskan Bush People Billy gets overambitious while conducting a barter, as the Browns try to secure their winter stores.

10.00 Tanked Wayde and Brett are asked to create a multi-activity tank for a fitness mogul, and build a tank for a casino.

11.00 Alaska: The Last Frontier
12.00 M'T **Fish or Die**
1.00 AM **Sharks and the City: New York** A potential great white shark population surge.
2.00 Expedition Bigfoot
3.00 Lair of the Killer Crocs
4.00 to 5.00 AM **How Do Animals Do That?**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Ice Road Rescue**
10.00 Yukon Rescue
11.00 World's Greatest Train Journeys from Above
1.00 PM **Air Crash Investigation**
3.00 Airport Security: Rome Police seize cocaine hidden inside a stuffed animal.
4.00 The Pope arrives at Fiumicino Airport.
5.00 A DJ is caught hiding drugs in shower gel.
6.00 Destruction Decoded A look back at the 10 worst crashes in motorsport history.

10.00 Car S.O.S

7.00 Air Crash Investigation Experts investigate a Boeing 727's near-fatal nosedive over Michigan.

8.00 Air Crash Investigation The US Air Force investigate the most expensive aviation accident of all time.

9.00 Planes that Changed History New edition A look at how the Avro Vulcan pushed the boundaries of aviation.

10.00 Car S.O.S Tim Shaw and Fuzz Townshend take on a Mercedes SLK, but this stylish roadster hides some major mysteries.

11.00 Car S.O.S Tim and Fuzz restore a Ferrari 308 GTS, best known as *Magnum P.I*'s car, for a retired police sergeant who paused the project to support his family.
12.00 M'T **Air Crash Investigation**
1.00 AM **Colossal Machines**
3.00 to 5.00 AM **Strangest Things**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Britain's X Files**
7.00 Great British Castle Rescue
8.00 Storage Wars
11.00 Pawn Stars
2.00 PM **Container Wars**
4.00 Secrets in the Ice Experts uncover the remains of a mummified boy buried in the frozen Siberian landscape.
5.00 Fossils unearthed in the Canadian Arctic lead to the discovery of a new species.
6.00 An expedition on Europe's tallest mountain unearthes a human body.

7.00 Killer Kings

7.00 Killer Kings The case against King John, also known as John Lackland, who was known for his cruelty and treachery.

8.00 Killer Kings The case against Ivan IV, also known as Ivan the Terrible, the infamous tsar of Russia.

9.00 The Rise and Fall of El Chapo The life and career of Mexican drug kingpin Joaquin 'El Chapo' Guzman, looking at the man behind the myth and how his international drug cartel impacted the United States.

11.00 History's Deadliest with Ving Rhames Investigating history's most evil tyrants.
12.00 M'T **Mysteries Unearthed with Danny Trejo** The world's most significant secrets that refused to stay buried.
1.00 AM **The UnBelievable with Dan Aykroyd** Astonishing feats.
2.00 Secrets in the Ice
5.00 to 6.00 AM **Killer Kings**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Matthew McConaughey**
7.00 Discovering: Nicole Kidman
8.00 The Directors
9.00 Natalie Wood: What Remains Behind
11.00 Jane Fonda In Five Acts
1.20 PM **Showbiz Kids**
3.10 Bright Lights: Starring Carrie Fisher and Debbie Reynolds Documentary.
5.00 Hitsville: The Making of Motown Documentary exploring the history of the Motown record label.

7.00 How The Beatles Changed...

7.00 How The Beatles Changed the World Through exclusive interviews and a wealth of rarely seen footage, this film reveals the story of how four young men from Liverpool transformed the world for ever.

9.00 Spitfire The story of the British single-seat fighter plane the Supermarine Spitfire, designed by RJ Mitchell and famous for its role in the Battle of Britain.

11.00 2000 Meters to Andriivka Documentary following a Ukrainian platoon as they attempt to liberate a strategic village from Russian forces.
1.10 AM **QPR: The Four Year Plan** An insight into the running of Queens Park Rangers following a 2007 takeover.
3.00 Transhood Documentary.
5.00 to 6.00 AM **The Directors**

Sunday

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Find It, Fix It, Flog It**
9.00 Antiques Road Trip
2.00 PM **The Repair Shop**
5.00 The Yorkshire Auction House Double bill.
7.00 Celebrity Yorkshire Auction House
8.00 The Repair Shop The team attempt to restore a dearly loved but dilapidated leather chair.
9.00 The team restore a clock, a hand mirror and an Eames chair.
10.00 Restoring a midwifery bag, a cherished painting and a World War One brooch.
11.00 A child's chair and a musical wedding album are restored.
12.00 M'T A wooden church pew is restored.
1.00 AM **Massive Engineering Mistakes**
2.00 Destroyed in Seconds
4.00 to 5.00 AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 FBI Files Double bill.
11.00 Faking It: Tears of a Crime Darren Vickers.
12.00 NOON **FBI Files**
3.00 PM **Where Murder Lies**
7.00 Where Murder Lies Two ransom notes lead police to a suspect.
8.00 A case in which a hardworking trucker was shot dead in his truck.
9.00 A Killer's Mistake Katherine Smith connects with Tony Moore on a dating site, but her dreams are shattered when his true identity is revealed.
10.00 Evil Lives Here A women's crush comes to her rescue, but she's soon fighting for her life.
11.00 Faking It: Tears of a Crime Levi Bellfield.
12.00 M'T **Deadliest Families**
2.00 to 4.00 AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 Forensic Factor Prostitutes in Spokane, Washington, are hunted down and discarded.
7.00 A serial rapist preys on elderly women living in isolated Southern Ontario.
8.00 Britain's Almost Perfect Murders The story of Thomas Downey, who was murdered in Bath on Christmas Eve 2014.
9.00 Murder UK The case of Dawn Walker, who was murdered on her wedding night in West Yorkshire.
10.00 Fatal Fraud A former teacher vanishes.
11.00 Cult Justice
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 to 6.00 AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 Teleshopping
11.00 Medical Detectives
12.00 NOON **48 Hours**
2.00 PM **Murder by the Sea** The crimes of Jason Mitchell, who committed a triple killing in Suffolk in December 1994.
3.00 The case of Roger and Josie Hartland, who found themselves stalked by their new home's previous owner.
4.00 Murder in Mind US model Kelsey Turner's 'Sugar Daddy' scheme turns deadly.
5.00 The story of how Ali Abulaban abused his wife Ana, then killed her and her friend.
6.00 Judge Judy Back-to-back real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 Murder in Mind
4.00 to 6.00 AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **A1: Britain's Longest Road**
9.00 Caught on Dashcam
10.00 Police 24/7
12.00 NOON **Murder on Middle Beach**
5.10 PM **Britain's Most Evil Killers** Double bill.
7.00 Forensics: Catching the Killer The murder of Raymond Cullen.
8.00 Murder Uncut
9.00 Thought Crimes: The Case of the Cannibal Cop Exploring the case of former NYPD officer Gilberto Valle.
10.40 World's Most Evil Killers
11.40 Mind Over Murder
12.50 AM **Murdered at First Sight** Matthew Shepard.
1.55 World's Most Evil Killers Derrick Todd Lee.
3.00 The Real CSI: Miami
4.00 Highway Cops
5.00 to 6.00 AM **Brit Cops: Rapid Response**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 War Machine: World War II 1-4/4.
1.00 PM **The Cure for Hate: Bearing Witness to Auschwitz** Documentary.
2.15 The War
7.40 War Machine: World War II 1/4. Examining the weapons used on different battlegrounds during World War Two.
8.50 2/4. Exploring how naval warfare evolved during World War Two.
9.50 3/4. A look at how advancements in aeronautics reshaped wartime strategies.
10.55 4/4. How the fates of entire nations rested on their supply lines.
12.00 M'T **The Cure for Hate: Bearing Witness to Auschwitz** Documentary.
1.10 to 2.00 AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Animal Senses**
8.00 **Secret Life of the Wombat**
10.00 **Survival of the Beast**
11.00 **Over Australia**
1.00 PM **Extreme Africa**
2.00 **Airborne**
3.00 **Whale with Steve Backshall**
5.00 NEW **Humanlike: The Chimps of Fongoli** A look at how a group of chimpanzees have adapted to live in an extreme environment near the Saraha.
6.00 NEW SERIES **Wolves and Lions: Old Enemies** 1/3. The differences and similarities between the two predators.
7.00 **David Attenborough's First Life** 1/2. The origins of life on Earth. **8.15** 2/2. A look at how animals began to survive on dry land.
9.30 **The Bachelor King**
11.00 **Humanlike: The Chimps of Fongoli** As shown at 5.00pm.
12.00 M'T **Wolves and Lions: Old Enemies** As 6.00pm.
1.00 AM **Wild Canary Islands**
2.00 **Valley of Flood and Fire**
4.00 **to 6.00** AM **Africa's Wild Horizons**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Combat Machines**
10.00 **Commando Missions**
11.00 **Digging for Britain**
1.00 PM **Al Murray: Why Do the Brits Win Every War?**
2.00 **Ancient Aliens**
4.00 **Life After People**
7.00 **Behind History** The stories of history's most notable leaders, from Winston Churchill to Fidel Castro and Nelson Mandela.
8.00 **Forbidden History** The quest to find the tomb of Mary Magdalene, whose fate was unclear following the resurrection of Jesus.
9.00 **Secrets in the Dark** The intersection of science and the supernatural.
10.00 **Royal Autopsy** The life and death of Queen Anne.
11.00 **Ancient Aliens**
1.00 AM **Dark Marvels: Killing Machines** Double bill.
3.00 **Cracking the Code**
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **Full Custom Garage**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **Incredible Engineering Blunders: Fixed** Double bill.
4.00 **Truth Behind the Moon Landing** Double bill.
6.00 **How It's Made** Four editions.
8.00 **Mysteries of the Deep** Jeremy Wade explores a new theory that could explain what happens in the world's most infamous stretch of water – the Bermuda Triangle. **9.00** Jeremy explores the loss of a NASA space capsule deep in the Atlantic.
10.00 **Blowing Up History** The history behind the Nazca Lines. **11.00** Experts investigate Alcatraz's remarkable engineering secrets.
12.00 M'T **How the Universe Works**
2.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Murdertown**
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder** Double bill of editions.
12.00 NOON **Rob Rinder's Interrogation Secrets**
2.00 PM **Cops Who Kill with Will Mellor** Double bill of editions.
4.00 **Murder on Trial**
8.00 **Murder at the Motel** A woman with a brain injury found dead in a Colorado motel room.
9.00 **Cold Case Files** Series finale A girl turns up dead after selling mints door-to-door. **10.00** The investigation into the death of Lisa Ziegert.
11.00 **Tell Me How I Died** A mother and son are found dead.
12.00 M'T **Murder on Trial**
1.00 AM **Cold Case Files**
2.00 **Ross Kemp: Lost Boys, Deadly Men** New edition The case of Amie Gray's murder in 2023 in Bournemouth.
3.00 **Accident, Suicide or Murder?**
4.00 **to 6.00** AM **Motive to Murder**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
10.00 **Europe's Great Wilderness**
1.00 PM **Killer Whale Chronicles**
3.00 **Raccoon: Backyard Bandit**
4.00 **Secrets of the Zoo: North Carolina** Double bill.
6.00 **Critter Fixers: Country Vets** New edition The docs try to milk an un-milkable goat.
7.00 **Winter of the Bear** A mother bear in Finland guides her cubs through a fleeting summer.
8.00 **Land of 10,000 Grizzlies** Documentary following a large population of grizzly bears in the Kamchatka Peninsula in the far east of Russia.
9.00 **Africa's River Titans** The largest animals living alongside Africa's rivers.
10.00 **Africa's Lost Eden** Following a project to bring life back to Gorongosa National Park.
11.00 **Snakes in the City**
12.00 M'T **Life Below Zero: First Alaskans** Double bill.
2.00 AM **Last of the Giants: Wild Fish** Double bill of editions.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Salvage Hunters**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Examining how engineers could have built the Tower of Babel. **7.00** Experts use cutting-edge technology to explore the myths surrounding the legendary lost city of Troy. **8.00** Experts use the latest technology to reveal what lies beneath Mount Rushmore, one of North America's most iconic landmarks.
9.00 **Salvage Hunters: The Restorers** French polisher Alex works on a 100-year-old table. **10.00** Upholsterer Craig and blacksmith Nev transform a bulky lounge chair. **11.00** Michael and Maria revamp a ventriloquist doll that is over 100 years old.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.05 AM **Attenborough and the Mammoth Graveyard**
10.25 **Attenborough's Wonder of Song** As shown at 5.40pm.
11.40 **Attenborough's Wonder of Eggs** As shown at 6.55pm.
12.40 PM **Attenborough and the Mammoth Graveyard**
2.00 **Attenborough's Wonder of Song** As shown at 5.40pm.
3.20 **Attenborough's Wonder of Eggs** As shown at 6.55pm.
4.20 **Attenborough and the Mammoth Graveyard**
5.40 **Attenborough's Wonder of Song** Examining seven recordings of animals singing.
6.55 **Attenborough's Wonder of Eggs** David Attenborough reveals the secrets of birds' eggs.
8.00 **Secret Army** *Little Old Lady:* 9/13. The team don disguises. **9.10** *Guests at God's Table:* 10/13. Christmas causes issues. **10.25** *A Matter of Life and Death:* 11/13. Max reveals his allegiance to communism. (S2)
11.35 PM **to 6.00** AM **Secret Army**

+1hour 266 376

ID

154 140 166

8.00 AM **On the Case with Paula Zahn** Double bill.
10.00 **Murder Chose Me**
12.00 NOON **American Monster**
4.00 PM **Disappeared**
6.00 **Evil Lives Here: Shadows of Death** The story of how a Florida family was torn apart when a mother went missing. **7.00** A mother found dead on the side of a rural road.
8.00 **Mean Girl Murders** In Warren, Michigan, two of the brightest girls begin to compete for more than just grades.
9.00 **Murder of Sarah Everard: A Faking It Special** Examining the case of Sarah Everard and the behaviour of her notorious killer, Wayne Couzens.
10.00 **A Killer Among Friends**
11.00 **Murder Under the Friday Night Lights** A high-school athlete is found murdered.
12.00 M'T **Evil Lives Here**
2.00 AM **Evil Online**
4.00 **to 5.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **World's Greatest Motorcycle Rides**
10.00 **Three Men Four Wheels**
11.00 **Bad Chad Customs**
12.00 NOON **Ant Anstead: Born Mechanic** Five editions.
5.00 PM **Shed and Buried** A garage in Lancashire packed with hundreds of treasures. **5.30** Henry and Sam seek collections in Northern Ireland. **6.00** The adventure in Northern Ireland continues. **6.30** Henry and Sam visit a shed near Windsor Castle.
7.00 **Wheeler Dealers** Mike is determined to mark the MGB's 60th anniversary in style. **8.00** Mike buys a Triumph TR7. **9.00** Mike finds a convertible vehicle for Ant to recondition. **10.00** Restoring a Morgan. **11.00** Transforming an Austin-Healey Frogeye Sprite. **12.00** M'T Mike decides to take a risk on a Jaguar E-type.
1.00 **to 4.00** AM **World's Greatest Motorcycle Rides**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **PREMIERE Man Finds Tape** As shown at 9.40pm.
7.45 **On Swift Horses** As 5.45pm.
10.00 **Nobody 2** As 8.00pm.
11.35 **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
1.15 PM **Jurassic World: Rebirth** Fantasy action adventure. (2025, 12, 133min) ★★★
3.45 **Materialists** Romantic comedy. (2025, 15, 116min) ★★★★
5.45 **On Swift Horses** Romance. (2024, 15, 119min) ★★★

9.40 Man Finds Tape

8.00 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. A former assassin takes his family on a holiday, but finds himself in the crosshairs of a bloodthirsty crime boss. (2025, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 PREMIERE **Man Finds Tape** Horror starring Kelsey Pribilski and William Magnuson. After finding mysterious video clips, a pair of siblings investigate the strange recordings and uncover a disturbing secret. (2025, 15, 84min) ★★★★ *See review, page 25.*
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Bring Her Back** Thriller. (2025, 18, 104min) ★★★★
1.00 AM **Plainclothes** Romantic thriller. (2025, 15, 95min)
2.40 **Icefall** Thriller starring Joel Kinnaman. (2025, 15, 95min)
4.25 **to 6.05** AM **Coyotes** Comedy thriller. (2025, 15) ★★★

Sky Cinema Middle Earth

303 303 403 503 517

8.55 AM **The Hobbit: An Unexpected Journey** Fantasy. (2012, 12, 165min) ★★★
11.45 **The Hobbit: The Desolation of Smaug** Fantasy adventure. (2013, 12, 161 min) ★★★★
2.30 PM **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
5.00 **The Lord of the Rings: The Fellowship of the Ring** Peter Jackson's fantasy adventure. (2001, PG, 178min) ★★★★★

5.00 The Lord of the Rings

8.00 **The Lord of the Rings: The Two Towers** Peter Jackson's epic fantasy adventure continuing JRR Tolkien's mythical saga. As the power of the evil Sauron continues to grow, threatening to overwhelm Middle Earth, the fellowship of the ring dissolves. Stars Elijah Wood, Ian McKellen and Viggo Mortensen. (2002, 12, 179min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Lord of the Rings: The Return of the King** Peter Jackson's fantasy adventure starring Elijah Wood, Ian McKellen and Viggo Mortensen. (2003, 12, 201 min) ★★★★★
2.30 AM **The Lord of the Rings: The War of the Rohirrim** Animated featuring the voices of Gaia Wise and Brian Cox. (2024, 12, 134min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.35 AM **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
9.55 **About a Boy** Comedy drama. (2002, 12, 101 min) ★★★★
11.40 **A Star Is Born** Music drama. (2018, 15, 136min) ★★★★★
2.05 PM **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
4.15 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★

6.20 **Quartet** Comedy drama starring Maggie Smith Tom Courtenay and Billy Connolly. (2012, 12, 94min) ★★★★
8.00 **The Shawshank Redemption** Prison drama with Tim Robbins and Morgan Freeman. A banker convicted of murder forms a friendship with a fellow convict. (1994, 15, 142min) ★★★★★
10.25 **Full Metal Jacket** Stanley Kubrick's Vietnam War drama starring Matthew Modine. (1987, 15, 115min) ★★★★

12.25 AM **The Angels' Share** Ken Loach's whimsical crime caper. (2012, 15, 96min) ★★★★
2.10 **No Escape** Action thriller. (2014, 15, 101 min) ★★★
3.55 **Cinema List: Risky Romance**
4.20 **to 6.05** AM **Jackie** Biopic. (2016, 15, 100min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.05 AM **Evolution** Sci-fi comedy. (2001, PG, 101 min) ★★★★
8.50 **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
10.30 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
12.45 PM **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
2.30 **Zombieland: Double Tap** Horror comedy sequel. (2019, 15, 99min) ★★★

4.20 **Men in Black 3** Sci-fi comedy sequel starring Will Smith. (2012, PG, 105min) ★★★★
6.10 **Children of Men** Sci-fi thriller starring Clive Owen, Julianne Moore and Michael Caine. (2006, 15, 109min) ★★★★★
8.00 **28 Years Later** Horror sequel with Jodie Comer, Aaron Taylor-Johnson and Rocco Haynes. (2025, 15, 115min) ★★★★
10.00 **Se7en** Dark thriller starring Brad Pitt and Morgan Freeman. (1995, 18, 127min) ★★★★

12.20 AM **Ready Player One** Sci-fi adventure starring Tye Sheridan. (2018, 12, 140min) ★★★★
2.50 **The Ritual** Horror starring Rafe Spall. (2017, 15, 94min) ★★★
4.40 **to 6.35** AM **Wolf Man** Horror starring Christopher Abbott. (2024, 15, 103min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.20 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
8.55 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12, 101min) ★★
10.45 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
12.30 PM **The Lego Movie 2: The Second Part** (2019, U) ★★★★
2.25 **Transformers One** Animation. (2024, PG, 104min) ★★★★
4.20 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
6.00 **Stardust** (2007, PG) ★★★★

4.20 Harold and the Purple...

8.20 **Charlie and the Chocolate Factory** Tim Burton's fantasy based on Roald Dahl's story, starring Johnny Depp and Freddie Highmore. A kind-hearted boy is one of the lucky winners when an eccentric confectionery king awards five children a tour of his chocolate factory. (2005, PG, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **The Golden Compass** Fantasy adventure based on Philip Pullman's bestselling book *Northern Lights*, starring Nicole Kidman, Dakota Blue Richards and Daniel Craig. (2007, PG, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
2.05 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
3.55 **It Takes Two** Family comedy. (1995, U, 97min) ★
5.45 **to 7.25** AM **Harold and the...**

Sky Cinema Action

306 306 407 507 521

6.10 AM **Iron Monkey** Thriller. (1993, 12, 90min) ★★★
7.45 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
9.30 **Transformers: Age of Extinction** (2014, 12) ★★★
12.10 PM **The Dark Tower** Fantasy. (2017, 12, 95min) ★★
1.50 **Shooter** (2007, 15) ★★★★
4.00 **Fast & Furious 6** Thriller. (2013, 12, 125min) ★★★
6.10 **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★

6.10 Clash of the Titans

8.00 **Venom: The Last Dance** Fantasy adventure starring Tom Hardy. Eddie Brock and partner-in-crime Venom face dangers from two worlds as the end of their symbiotic relationship grows near. With Chiwetel Ejiofor. (2024, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Fast & Furious 5** Action thriller sequel starring Vin Diesel. A trio of car thieves assemble a crack team to steal a Rio de Janeiro drug lord's money. (2011, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
2.15 **The Toxic Avenger** Horror comedy. (2023, 18) ★★★
4.00 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★
5.50 **to 7.40** AM **2 Fast 2 Furious** Action thriller sequel. (2003, 12, 108min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Shirley Valentine** (1989)
8.50 **Sex Tape** (2014, 15) ★★
10.30 **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
12.00 NOON **School of Rock** Comedy. (2003, PG) ★★★★
2.00 PM **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
4.00 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
6.05 **Shirley Valentine** Romantic comedy starring Tom Hanks. (1989, 15, 108min) ★★★★

6.05 Shirley Valentine

8.00 **Yesterday** Comedy written by Richard Curtis, directed by Danny Boyle and starring Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Mamma Mia!** Musical based on the stage show inspired by ABBA songs, starring Meryl Streep and Amanda Seyfried. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
1.45 AM **The Naked Gun** Comedy reboot starring Liam Neeson. (2025, 15, 85min) ★★★★
3.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
5.00 **to 6.45** AM **The Hangover Part II** Dark comedy sequel. (2011, 15, 101min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.45 AM **Breakdown** As 4.45am.
8.25 **Trap** Thriller with Josh Hartnett. (2024, 15, 105min) ★★★★
10.15 **Three Days of the Condor** Thriller. (1975, 15) ★★★★
12.20 PM **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
2.40 **Cellular** Suspense thriller. (2004, 15, 94min) ★★★
4.25 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
6.05 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★

6.05 Ocean's Eight

8.00 **RocknRolla** Guy Ritchie's crime comedy thriller starring Gerard Butler, Tom Wilkinson and Thandie Newton. Two East End crooks trigger a feud between a London crime boss and a Russian mobster. With Mark Strong. (2008, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Scarface** Director Brian De Palma's crime thriller about the rise and fall of a Cuban gangster in Miami's violent drugs underworld. Stars Al Pacino, Robert Loggia and Michelle Pfeiffer. (1983, 18, 163min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **God Is a Bullet** Thriller. (2023, 18, 156min) ★★★
3.05 **Unhinged** Psychological thriller starring Russell Crowe. (2020, 15, 90min) ★★★
4.45 **to 6.30** AM **Breakdown** Thriller starring Kurt Russell. (1997, 15, 94min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Time Bandits** Fantasy. (1980, PG, 110min) ★★★★
1.20 PM **Enemy Mine** Sci-fi drama. (1985, 15, 108min) ★★★
3.30 **The Bridge on the River Kwai** David Lean's classic Oscar-winning World War Two drama starring Alec Guinness. (1957, PG, 161min) ★★★★★
6.45 **Behind Enemy Lines** War drama starring Owen Wilson. (2001, 12, 106min) ★★★

1.20 Enemy Mine

Behind Enemy Lines (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Nobody** Crime drama starring Bob Odenkirk and Connie Nielsen. An unassuming family man reveals his true character after his house is burgled by two petty thieves. (2021, 15, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10.50 **Commando** Action thriller starring Arnold Schwarzenegger. A retired commando returns to combat when his daughter is kidnapped by a renegade former comrade. (1985, 18, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

12.40 **to 3.05** AM **S.W.A.T.** Action thriller with Samuel L Jackson. (2003, 12, 115min) ★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Adventure

302 302 402 502 516

6.00 AM **The Lost World: Jurassic Park** As shown at 8.00pm.
8.20 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
10.40 **Venom** Fantasy adventure. (2018, 15, 112min) ★★★
12.45 PM **Transformers: The Last Knight** Sci-fi adventure sequel. (2017, 12, 155min) ★★
3.35 **Spider-Man** Fantasy adventure. (2002, 12, 121min) ★★★★

5.45 **Batman & Robin** Fantasy. (1997, PG, 125min) ★★
8.00 **The Lost World: Jurassic Park** Steven Spielberg's adventure sequel starring Jeff Goldblum and Julianne Moore. A survivor of the Jurassic Park catastrophe goes to a second island also populated by genetically engineered dinosaurs. (1997, PG, 129min) ★★★
10.10 **Shazam!** Action comedy starring Zachary Levi and Mark Strong. (2019, 12, 132min) ★★★★

12.25 AM **Spider-Man** Fantasy. (2002, 12, 121min) ★★★★
2.30 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★
4.35 **to 6.25** AM **Bookworm** Comedy. (2024, 12, 103min) ★★★★

Sky Cinema Greats

307 307 404 504 518

6.00 AM **Critters** As 12.20am.
7.40 **The Blues Brothers** Comedy. (1980, 15, 135min) ★★★★★
10.05 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
12.10 PM **Twister** Disaster movie. (1996, PG, 114min) ★★★
2.10 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
4.20 **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★

6.20 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
8.00 **The Mummy** Action adventure starring Brendan Fraser. (1999, 15, 124min) ★★★★
10.10 **Jurassic Park** Steven Spielberg's monster thriller based on Michael Crichton's bestseller, starring Sam Neill. A billionaire showman creates an island leisure park populated by genetically engineered – and very dangerous – dinosaurs. (1993, PG, 127min) ★★★★★

12.20 AM **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
1.50 **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
3.30 **Sky Cinema Preview**
4.10 **to 6.35** AM **The Shining** Director Stanley Kubrick's chiller. (1980, 15, 119min) ★★★★★

Sky Cinema Animation

312 315 405 500 514

7.20 AM **The Ogglies** Animation. (2021, PG, 85min) ★★★
8.55 **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★
10.40 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
12.25 PM **The Wild Robot** Animation. (2024, U, 102min) ★★★★
2.20 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★

4.00 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
5.45 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
7.30 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
9.20 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
11.15 **Batman: Return of the Caped Crusaders** (2016, PG) ★★★★
12.40 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★

1.35 **Super Charlie** Animation. (2025, PG, 82min) ★★★
3.10 **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
4.35 **to 6.05** AM **Batman Unlimited: Animal Instincts** Animation. (2015, PG, 74min) ★★

Movies 24

315 313 419

7.00 AM **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
9.00 **A Playful Love** Romantic comedy. (2022, PG, 84min) ★★
11.00 **Junebug** Fantasy drama. (2024, PG, 84min) ★★
1.00 PM **Betty's Bad Luck in Love** Comedy. (2024, PG, 84min) ★★
3.00 **PREMIERE** **Missing the Boat** Romantic drama starring Emilie Ullerup. (2026, PG, 90min) ★★

5.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
7.00 **The Reluctant Royal** Romantic comedy starring Andrew W Walker and Emilie de Ravin. (2025, PG, 84min) ★★
9.00 **A Priceless Love** Romantic drama with Erin Agostino and Luke Humphrey. A shopkeeper is approached by a wealthy broker determined to buy a valuable teapot which she plans to return to the owner. (2022, PG, 85min) ★★

11.00 **Love Under the Lemon Tree** Comedy. (2022, PG, 88min) ★★
1.00 AM **Royal-Ish** Romantic drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **The Attraction Test** Comedy. (2022, PG, 85min) ★★

Movies 24+ 329 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Tarzan and the Trappers** Adventure. (1958, b/w, PG) ★
7.15 **The Christmas Tree** Drama. (1966, b/w, U, 57min) ★★★
8.25 **Fiend Without a Face** Sci-fi chiller. (1958, PG, 75min) ★★
10.00 **The Beverly Hillbillies** (S2)
10.35 **The Kansan** (1943, U) ★★★
12.15 PM **Batman** 56/60. (S2)
12.50 **The Railway Children** Family drama. (2000, U, 108min) ★★★

2.55 **Scotland Yard** 35/39. (S1)
3.30 **Give Us a Clue**
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **Hannay** 1/7. (S2)
7.00 **That's My Boy** 1/9. (S2)
7.30 **The Vise** 18/26. (S2)
8.00 **Sergeant Cork** 9/13. (S3)
9.05 **Who Do You Do?** With Paul Melba and Janet Brown.
9.40 **Adventures of a Private Eye** Comedy starring Christopher Neil. (1977, 18, 92min) ★
11.35 **The Heritage Chart Show**

12.40 AM **Up Pompeii** Bawdy comedy. (1971, 15, 90min) ★★
2.30 **Burke's Law** 4/32. (S1)
3.30 **The Rogues** 7/30. (S1)
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 12/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

Sunday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **LIVE Ladies European Tour Golf** Coverage of the fourth day of the Australian WPGA Championship held at Sanctuary Cove Golf and Country Club.
7.00 **Goals on Sunday**
10.00 **Cup Final Sunday Supplement**
11.00 **LIVE Super Sunday Newcastle United v Sunderland.** Coverage of the Premier League match from St James' Park. Kick-off **12.00noon**.
2.00 PM **LIVE Super Sunday Tottenham Hotspur v Nottingham Forest.** Coverage of the Premier League match staged at Tottenham Hotspur Stadium. Kick-off **2.15pm**.
4.15 **LIVE EFL Cup Final Arsenal v Manchester City.** Coverage of the final from Wembley Stadium, as the title rivals meet in the capital trying to claim the first piece of silverware this season. Kick-off **4.30pm**.
8.00 **Super Sunday: Extra Time**
9.00 **LIVE WTA & ATP Tennis** Coverage of day six of the Miami Open at Hard Rock Stadium, featuring third-round matches.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **Premier League Highlights**
9.00 **Goals on Sunday**
10.00 **Cup Final Sunday Supplement**
11.00 **LIVE Super Sunday Newcastle United v Sunderland.** The Premier League match from St James' Park. Nick Woltemade scored a 46th-minute own goal to give Sunderland a 1-0 victory in the reverse fixture. That loss meant that the Magpies had only won one of their last 11 meetings against their bitter rivals, a run stretching all the way back to August 2011. Kick-off **12.00noon**.
2.00 PM **LIVE Super Sunday Aston Villa v West Ham United.** Coverage of the Premier League match from Villa Park. Morgan Rogers scored a 79th-minute winner in the reverse fixture to earn Villa a 3-2 victory at the London Stadium. Kick-off **2.15pm**.
4.15 **Sports Sunday**
7.00 **Premier League Stories**
7.30 **The Big Interview** Granit Xhaka.
8.00 **Super Sunday: Extra Time**
9.00 **Premier League Highlights**
2.30 AM **Premier League Stories**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Highlights**
11.30 **LIVE SPFL Dundee United v Celtic.** The Scottish Premiership match from the CalForth Construction Arena. Kick-off **12.30pm**.
3.30 PM **LIVE EFL Cup Final Arsenal v Manchester City.** Coverage of the final at Wembley Stadium. Manchester City brushed Newcastle aside in the semi-finals thanks to a 5-1 aggregate victory, while Arsenal beat Chelsea 4-2 in their two-legged tie. Pep Guardiola's team have dominated this competition in recent years, winning six of the last 12 finals since 2014. Kick-off **4.30pm**.
8.00 **Best Goals: EFL Cup 25/26**
8.30 **EFL League One Goals**
9.00 **EFL League Two Goals**
9.30 **SPFL Highlights**
9.45 **EFL Highlights** Championship.
10.00 **EFL Cup** A replay of the final.
12.00 M'T **Best Goals: EFL Cup 25/26**
12.30 AM **EFL Greatest Games**
1.00 **EFL Cup Highlights**
2.00 **Best Goals: EFL Cup 25/26**
2.30 **EFL Greatest Games**
4.00 **EFL Cup** Action from 2024/25.
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Recent highlights.
8.00 **IPL** A chance to see Gujarat Titans v Sunrisers Hyderabad.
12.30 PM **Best of ICC WT20**
1.00 **IPL** Chennai Super Kings v Royal Challengers Bengaluru from M. A. Chidambaram Stadium, Chennai.
5.30 **Best of ICC WT20** Highlights from memorable matches in past tournaments.
6.00 **IPL** Another chance to see Royal Challengers Bengaluru v Punjab Kings in the final of the 2025 T20 competition staged at Narendra Modi Stadium in Ahmedabad.
10.30 **Best of ICC WT20** Highlights from memorable matches in past tournaments.
11.00 **IPL** Sunrisers Hyderabad v Rajasthan Royals at Rajiv Gandhi International Cricket Stadium. **12.00** M'T Rajasthan Royals v Royal Challengers Bengaluru from Sawai Mansingh Stadium, Jaipur. **1.00** AM Royal Challengers Bengaluru v Punjab Kings staged at Narendra Modi Stadium. **2.00** Lucknow Super Giants v Chennai Super Kings at BRSABV Ekana Cricket Stadium, Lucknow.
3.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

406 406 506 423 443

6.00 AM **LIVE Ladies European Tour Golf** Coverage of the fourth day of the Australian WPGA Championship held at Sanctuary Cove Golf and Country Club.
7.00 **PGA Tour Golf**
11.00 **You Can Play Golf**
11.30 **TGL Bitesize** Highlights.
11.45 **LIVE PGA Tour Golf** Coverage of the early stages of day four of the Valspar Championship.
5.00 PM **LIVE PGA Tour Golf** Further coverage of day four of the Valspar Championship at Innisbrook Resort, Palm Harbur.
10.00 **LIVE LPGA Tour Golf** Coverage of the fourth and final day of the Fortinet Founders Cup staged at Sharon Heights Golf and Country Club in California.
1.00 AM **PGA Tour Golf**
5.00 **to 6.00** AM **DP World Tour Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
3.00 PM **LIVE WTA & ATP Tennis** Coverage of day six of the Miami Open at Hard Rock Stadium in Florida, featuring third-round matches. Grigor Dimitrov and Karen Khachanov were involved in a back-and-forth encounter stage last year, with the former eventually prevailing in 6-7 6-4 7-5 to book his place in round four, while Jaume Munar and Gaël Monfils had an equally taxing tussle in which Monfils triumphed 7-5 5-7 7-6. Elsewhere, there were much more comfortable victories for top seed Alexander Zverev and third seeded Taylor Fritz, who only needed two sets to overcome Jordan Thompson and Denis Shapovalov, respectively.
3.00 AM **WTA & ATP Tennis**
4.00 **ATP/WTA Tour Classic Matches**
5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Snooker World Open** The final in Yushan, China.
9.00 **Alpine Skiing** In Lillehammer.
9.30 **LIVE Alpine Skiing** In Norway.
10.45 **TNT Sports Reload**
11.00 **MotoGP** Grand Prix of Brazil.
11.30 **The Breakdown**
12.00 NOON **LIVE Premiership Women's Rugby Loughborough Lightning v Gloucester-Hartpury.** From Franklin's Gardens. K-o **12.15pm**.
2.30 PM **LIVE The Gallagher PREM Leicester Tigers v Bristol Bears.** From Mattioli Woods Welford Road Stadium. Kick-off **3.00pm**.
5.30 **The Breakdown**
6.00 **Playing for Our Future**
6.15 **Formula E Highlights**
7.15 **UEFA Europa League Goals**
7.30 **LIVE Serie A Fiorentina v Inter Milan.** The Italian top-flight match at Stadio Artemio Franchi. Kick-off **7.45pm**.
9.45 **UEFA Conference League**
10.00 **LIV Golf** From South Africa.
11.30 **Snooker World Open**
1.30 AM **Serie A** Fiorentina v Inter.
2.30 **Formula E Highlights**
3.30 **The Breakdown**
4.00 **to 6.00** AM **Alpine Skiing**

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE T20 Cricket New Zealand v South Africa.** The fourth T20 at Hnry Stadium.
10.15 **The Breakdown**
10.45 **Alpine Skiing** In Lillehammer.
11.15 **LIVE Alpine Skiing** The men's super-G in Lillehammer, Norway.
12.30 PM **LIVE Biathlon** The women's mass start in Oslo, Norway.
1.30 **LIVE MotoGP** The Grand Prix of Brazil warm-up session.
2.00 **LIVE MotoGP** Coverage of the Grand Prix of Brazil Moto3 race.
4.00 **LIVE MotoGP** The Grand Prix of Brazil Moto2 race at Autódromo Internacional de Goiânia.
5.15 **LIVE MotoGP** The Grand Prix of Brazil MotoGP race, the second round of the season staged at Autódromo Internacional de Goiânia. Start-time **6.00pm**.
8.00 **The Gallagher PREM**
9.00 **LIVE Women's Curling World Championship** Coverage of the final staged at Markin MacPhail Centre in Calgary, Canada.
12.00 M'T **Isuzu UTE A-League**
2.00 AM **Ultimate Pool**
3.30 **Men's Cycling Pro Series**
4.30 **to 6.00** AM **LIV Golf**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
9.30 **Women's Super League**
9.45 **Super League Highlights**
10.00 **NBA Basketball**
12.00 NOON **Premier League Darts** Action from the sixth night at Motorpoint Arena Nottingham.
4.00 PM **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NFL Highlights**
6.00 **NFL Bitesize Highlights** Action from Los Angeles Chargers v Las Vegas Raiders. **6.15** Highlights from Seattle Seahawks v Minnesota Vikings.
6.30 **NBA on Fire** The latest news.
7.00 **NBA Basketball** Dallas Mavericks v Boston Celtics.
9.00 **LIVE NBA Basketball Denver Nuggets v Portland Timbers.** Coverage of the Western Conference match held at Ball Arena. Tip-off **9.00pm**.
11.30 **LIVE NBA Basketball Boston Celtics v Minnesota Timberwolves.** Coverage of the inter-conference match staged at TD Garden. Tip-off **12.00m't**.
2.30 AM **Super League**
5.15 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday**
10.00 **Cup Final Sunday Supplement**
11.30 **EFL Greatest Games**
11.50 **LIVE WSL Brighton & Hove Albion v Liverpool.** Coverage of the Women's Super League match at Broadfield Stadium. The reverse fixture back in November ended in a 1-1 draw as Liverpool picked up their first point of the season in the league. Kick-off **12.00noon**.
2.00 PM **Sports Sunday**
3.00 **LIVE WTA & ATP Tennis** Coverage of day six of the Miami Open, a hard-court tournament staged at Hard Rock Stadium in Miami Gardens, Florida, featuring third-round matches. Grigor Dimitrov and Karen Khachanov were involved in a back-and-forth encounter stage last year, with the former eventually prevailing in 6-7 6-4 7-5 to book his place in round four, while Jaume Munar and Gaël Monfils had an equally taxing tussle in which Monfils triumphed 7-5 5-7 7-6.
1.30 AM **Super League**
4.15 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **PDC Classics**
7.00 **The Players Championship**
10.55 **Formula 1** Chinese Grand Prix.
11.50 **LIVE WSL Brighton & Hove Albion v Liverpool.** Coverage of the Women's Super League match at Broadfield Stadium. The reverse fixture back in November ended in a 1-1 draw as Liverpool picked up their first point of the season in the league. Kick-off **12.00noon**.
2.00 PM **Darts Gold** Archive action.
3.00 **TGL** Two match replays.
7.00 **Formula 1** Chinese Grand Prix.
9.00 **F1 Academy Highlights**
11.00 **LIVE NBA Basketball Boston Celtics v Minnesota Timberwolves.** Coverage of the inter-conference match staged at TD Garden. Tip-off **12.00m't**.
2.30 AM **Darts Gold** Archive action.
3.30 **Legends of Darts**
4.00 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

7.00 AM **Ella Toone's Away Days**
7.30 **MotoGP** Grand Prix of Brazil.
8.00 **LIV Golf** From South Africa.
9.30 **LIVE LIV Golf** The fourth and final day of the fifth round of the season from South Africa.
3.30 PM **Sign Up – Into Football**
4.15 **LIVE Cross Country Skiing** From Lake Placid in New York.
5.30 **The Breakdown** Brentford.
6.00 **LIVE NWSL Chicago Red Stars v Kansas City Current.** Coverage from Northwestern Medicine Field at Martin Stadium. Kick-off **6.00pm**.
8.15 **UEFA Champions League Goals Reload** Recent action.
8.30 **Men's Cycling Pro Series**
9.30 **UFC** Another chance to see Lerone Murphy v Movsar Evloev.
12.30 AM **Alpine Skiing** In Lillehammer.
1.30 **LIV Golf** From South Africa.
3.00 **UEFA Champions League**
3.30 **UFC Fight Flashback**
5.00 **to 6.00** AM **WRC Review**

TNT Sports 4

414 416 524 411 434

7.00 AM **LIVE AFL West Coast Eagles v North Melbourne Kangaroos.** From Optus Stadium. Bounce-up **7.10am**.
10.00 **Serie A** Juventus v Sassuolo.
11.00 **UEFA Champions League**
11.30 **LIVE Snooker World Open** Coverage of the final in Yushan.
2.30 PM **LIVE Men's Cycling Pro Series** The Grand Prix Monsere.
3.30 **LIVE Biathlon** Coverage of the men's mass start in Oslo, Norway.
4.15 **LIVE Ski Jumping** The men's HS240 in Vikersund, Norway.
6.15 **LIVE Cross Country Skiing** From Lake Placid in New York.
7.30 **Snooker World Open**
9.30 **T20 International Cricket**
11.30 **Powerlifting** From Valetta.
12.30 AM **AFL** Two match replays.
3.30 **Rolex Grand Slam**
4.30 **Fishing: On the Bank**
5.30 **to 6.00** AM **UEFA Champions League Magazine**

Premier Sports 1

419 551

6.00 AM **Downhill Skateboarding**
6.30 **Top 14 Rugby Union**
8.30 **Football** Highlights and features.
12.55 PM **LIVE LaLiga Barcelona v Rayo Vallecano.** The Spanish top-flight match from Camp Nou. Kick-off **1.00pm**.
3.00 **LaLiga Match Highlights**
3.10 **LIVE LaLiga Celta Vigo v Alaves.** The Spanish top-flight match. Kick-off **3.15pm**.
5.15 **LaLiga Match Highlights**
5.25 **LIVE LaLiga Athletic Bilbao v Real Betis.** At San Mamés. Kick-off **5.30pm**.
7.30 **LaLiga Match Highlights**
7.55 **LIVE LaLiga Real Madrid v Atlético Madrid.** At the Bernabeu. Kick-off **8pm**.
10.00 **Football** Highlights and features.
10.55 **LIVE Argentine Primera Division Boca Juniors v Instituto.**
1.00 AM **Temples of Sport**
2.00 **to 6.00** AM **Football**

Premier Sports 2

420 552

6.00 AM **Motorsport** Valentino Rossi.
6.30 **NASCAR Trucks**
9.30 **Bike World** Magazine.
10.00 **Temples of Sport**
10.30 **Top 14 Rugby Union**
12.30 PM **LIVE United Rugby Championship Stormers v Dragons.** From DHL Stadium. Kick-off **1.00pm**.
3.00 **Temples of Sport**
3.30 **LaLiga Match Highlights**
3.40 **LIVE Eredivisie Groningen v AZ Alkmaar.** The Dutch top-flight match from Euroborg. Kick-off **3.45pm**.
5.45 **Africa Eco Race**
6.00 **LIVE NASCAR** Goodyear 400.
11.00 **Bike World** Recent action.
11.30 **NHL Ice Hockey**
1.00 AM **LIVE NHL Ice Hockey Utah Mammoth v Los Angeles Kings.** Face-off **1.00am**.
4.00 **Temples of Sport**
4.30 **Football's Greatest**
5.00 **to 6.00** AM **NHL Specials**

Sky Sports F1

407 407 507 424 444

6.00 AM **F1 Academy Highlights**
8.00 **Ferrari Challenge Europe**
9.00 **F1 Academy Highlights**
11.00 **Formula 1** Chinese Grand Prix.
12.00 NOON **Ted's Notebook**
12.30 PM **Formula 1** From China.
2.30 **Ted's Notebook**
3.00 **Formula 1** Chinese Grand Prix.
7.30 **Ted's Notebook**
8.00 **Formula 1** Chinese Grand Prix at Shanghai International Circuit.
9.00 **F1 Academy Highlights**
11.00 **Formula 1** Chinese Grand Prix.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

23 March

Evening Planner

Factual

Just One Thing
BBC1, 2pm (box set, BBC iPlayer)
Zoe Ball, Clive Myrie and Roman Keating continue the legacy of Dr Michael Mosley in this health and wellbeing series.

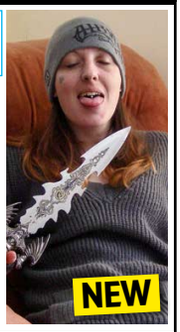
Documentary

Clash of the Super Powers: America v China
BBC2, 9pm (box set, BBC iPlayer)
An examination of the evolving relationship between the two powers.

OnDemand

prime

Confessions of a Female Serial Killer
Available today
A close look at the case of convicted murderer Joanna Dennehy, who killed three men.



OnDemand

NETFLIX

Inside
Available today
Content creators stay inside for a week and take part in a series of challenges, in this third series from the Sidemen.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Trace, Track... †	9.00 MasterChef: The Professionals		10.00 News; Local News	10.40 Trying †
	102 BBC2	7.00 Global Eye	7.30 Grand Tours of...	8.00 Mastermind	8.30 University...	9.00 Clash of the Super Powers: America v...		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 Gone		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Batch from Scratch: Cooking for Less		9.00 The Hunt: Prey vs Predator		10.05 The Great Celebrity Bake Off for...	
	105 5	7.00 Celebrity Puzzling		8.00 Motorway Cops: Catching Britain's...		9.00 Police Interceptors		10.00 999: Police Hour of Duty	
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Rooster	10.40 Last...
ENTERTAINMENT	115 BBC3	7.05 Waterloo Road				9.00 The Jetty			
	116 BBC4	7.00 Seven Worlds, One Planet		8.00 Treasures of Ancient Egypt		9.00 Call My Bluff	9.30 Face the Music	10.00 The Unseen Alistair Cooke	
	118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The 1% Club		10.00 Family Guy	
	136 MORE4	◂ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 Our Farm Next Door: Amanda, Clive...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia				9.15 Made in Chelsea		10.20 Gogglebox
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 DTF St Louis		10.00 All Her Fault	
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey			10.15 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?...	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Endeavour	
	120 ITV4	7.00 Formula E Highlights		8.00 Junk & Disorderly		9.00 The 1% Club		10.00 Film: American Psycho	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's The Wheel		10.00 Michael McIntyre: Showtime	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 Judge John Deed				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu Royale: Coronation Concert Live in Amsterdam					10.15 André Rieu: Falling in Love...
	132 U&W	7.00 DIY SOS: The Big Build		8.00 The Supervet: Noel Fitzpatrick					
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Filthy Fortunes		9.00 Maine Cabin Masters		10.00 Ancient Unexplained Files	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Sharks and the City: New York		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 To Catch a Smuggler		10.00 Yukon Rescue	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Great British Castle Rescue		10.00 Secret Sex Lives Of Tyrants	
	155 U&YESTERDAY	7.00 Wilderness with Simon Reeve		8.00 Dom Chinea's Cornish Workshop		9.00 Incredible Journeys with Simon Reeve		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 The Civil War		8.00 The Wimbledon Kidnapping				10.00 Beware the Slenderman	
FILMS - Sky Cinema	301 PREMIERE	◂ 5.50 On Swift Horses		8.00 Nobody 2			9.35 Jurassic World: Rebirth		
	302 ADVENTURE	◂ 5.45 Shazam!		8.00 Sonic the Hedgehog 3				9.55 Teenage Mutant Ninja Turtles: Out of the...	
	303 FUN	◂ 6.25 Big Daddy		8.00 Instant Family				10.00 Jackass: The Movie	
	307 GREATS	◂ 6.00 Indiana Jones and the Temple of...		8.00 Indiana Jones and the Last Crusade					10.10 The Lost World: Jurassic Park
	312 ANIMATION		7.15 The Wild Robot			9.05 The Angry Birds Movie			
	304 FAMILY	◂ 6.00 The Smurfs 2	7.50 Harold and the Purple Crayon				9.25 The Hobbit: The Desolation of Smaug		
	306 ACTION	◂ 5.40 The Amazing Spider-Man		8.00 The Amazing Spider-Man 2					10.25 Fast & Furious 6
	308 COMEDY	◂ 6.10 The Whole Nine Yards		8.00 Little Fockers			9.40 Daddy's Home 2		
	309 THRILLER	◂ 5.50 Red Dragon		8.00 The Firm					
	310 DRAMA	◂ 6.00 Elizabeth: The Golden Age		8.00 It Ends with Us					10.15 The Bridges at Toko-Ri
	311 SCI-FI	◂ 5.30 Ready Player One		8.00 Speak No Evil				9.55 Children of Men	
	313 FILM4	◂ 6.20 First Knight				9.00 The Northman			
SPORT	401 MAIN EVENT	◂ 3.00 Tennis – Live: The Miami Open							
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Ref Watch	8.30 Big Interview	9.00 PL Review		10.00 Ref Watch	10.30 PL Stories
	403 FOOTBALL	◂ 6.30 Bundesliga...	7.30 EFL Goals		8.30 WSL	9.00 SPFL Round-Up	9.30 EFL Highlights		10.30 Bundesliga...
	405 CRICKET	◂ 6.00 IPL							10.30 Best of ICC...
	410 TNT SPORTS 1	◂ 6.00 Ultimate Pool – Live: Coverage from Group 1 of the Pairs Cup					9.30 Snooker World Open		
	411 TNT SPORTS 2	7.00 MotoGP			8.15 Premier League			9.45 UFC	

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 NEW SERIES **Just One Thing** 1/12. Simple health tips. (S)(AD) ■ Entire series on BBC iPlayer
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** New edition Cambridgeshire. (S)
3.45 **The Repair Shop on the Road** New edition From Whitby. (S)(AD) ■ Entire series on BBC iPlayer
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Alex Jones and JB Gill present the topical show. (S)
7.30 **EastEnders** The Truemans welcome a visitor, Suki dismisses Vinny's olive branch, and Bea continues to over familiarise herself. (S)(AD)

8 PM

8.00 **Panorama: Living Without Life's Little Luxuries** The impact of the cost-of-living crisis on household budgets. (S)
8.30 **Trace, Track, Get My Car Back** A pickup is stolen from outside Aston Villa's stadium. (S)(R)

9 PM

9.00 **MasterChef: The Professionals** New edition 19/21. Finals week begins, and the contenders face the biggest challenge of their careers when they cook for 27 leading chefs. (S)(AD) ■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Trying** New episode 5/8. Jason and Tyler go to a local pub to watch football, while Nikki takes Princess shopping. (S3) (S)(AD)
11.10 **Trying** New episode 6/8. Noah is alarmed that Princess and Tyler's grandmother has tracked them down. Jason chases Scott about his investment but is dismayed by his answer. (S3) (S)(AD)
11.40 **Have I Got News for You** Katherine Parkinson hosts the satirical quiz, with guests Julian Clary and Jemima Kelly. (S)(R)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

5.55 AM **Gardeners' World** (S)(R)
6.55 **Sign Zone: The Repair Shop** (S)(R)
7.55 **Match of the Day** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **The Tournament** Quiz. (S)(R)
2.30 **Chess Masters: The Endgame** (R)
3.00 **Clive Myrie's Italian Road Trip** Clive visits the Amalfi Coast. (S)(R)
3.30 **Serengeti** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** From Knebworth House. (S)(R)
5.15 **Flog It!** (S)(R)
6.00 **Richard Osman's House of Games** New edition Four former winners return. (S)
6.30 **Do You Know Your Place?** New edition Susan Calman, Max Fosh and Noreen Khan head to Bamburgh in Northumberland. (S)

6.30 Do You Know Your Place?

7.00 **Global Eye** Featuring investigations from BBC correspondents all over the world. (S)
7.30 **Grand Tours of Scotland's Lochs** 4/6. Paul Murton travels through old Perthshire. (S)(R)

8.00 **Mastermind** New edition Specialist subjects include Clint Eastwood westerns and Cyrille Regis. (S)
8.30 **University Challenge** New edition Amol Rajan asks the questions as the quarter-finals near a conclusion. (S)

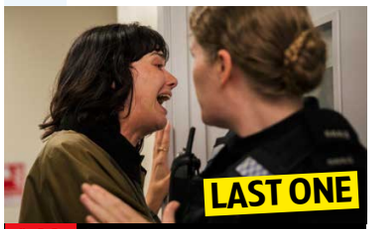
9.00 NEW SERIES **Clash of the Super Powers: America v China** 1/2. The inside story of how America and China have become locked in a battle for global power and influence. (S)(AD) ■ Entire series on BBC iPlayer

10.00 **Mortimer & Whitehouse: Gone Fishing** Paul Whitehouse and Bob Mortimer fish for tench at Rocklands Mere, Norfolk. (S)(R)
10.30 **Newsnight** (S)
11.00 **Europe on the Edge with Katya Adler** 3/3. Katya journeys through Spain and France. (S)(R)(AD)
12.00 M'T **FILM** **Ammonite** Biopic starring Kate Winslet and Saoirse Ronan. Fossil hunter Mary Anning's solitary existence is changed by the arrival of a palaeontologist's wife. (S) (2020, 15, 110min) ★★★
1.50 AM **Sign Zone: Countryfile** (S)(R)
2.45 **Sign Zone: We Might Regret This** 4/4. (S2) (S)(R)(AD)
3.15 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity special, with Joe Lycett, Chizzy Akudolu and Nick Knowles guessing well-known phrases in a bid to win £50,000 for charity. (S)(R)(AD)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 Gone

7.30 **Fletchers' Family Farm** 2/10. The lambing season proves to be full of challenges this year as Kelvin goes through a devastating loss when a three-day-old lamb breaks its leg, while the pigs to go to auction. (S)(R)(AD)

8.00 **Emmerdale** Joe blackmails Robert and Aaron, Kim hires Ross, while Kerry is shocked. (S)(AD)
8.30 **Coronation Street** Theo sabotages Todd's marathon preparation, and Ben calls his family together. (S)(AD)

9.00 **Gone** Series finale 6/6. Michael is left to reckon with the enormity of what has happened, while Ivan and Annie struggle to grasp the meaning of the evidence before them. (S1) (S)(AD) ■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Connecting a Killer: True Crime Presents** When Special Investigating Officer Steve Wilkins is shocked at a series of unsolved crimes in his hometown, he is given permission to launch a new operation to review all of the evidence. (S)(R)(AD)
11.45 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
12.10 AM **Teleshopping**
3.00 **Martin Clunes' Islands of the Atlantic** 2/3. Martin visits Madeira and the Azores. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Alan Titchmarsh's Gardening Club** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 20-22/28. (S11) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 12-15/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Spring, Texas. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **Matt Baker: Our Farm in the Dales** 2/6. Documentary. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The first visit is to Wonderland Retreats Luxury Glamping in Lancashire. (S)
5.30 **Come Dine with Me** New edition Holiday-obsessed Kirstein hosts the first night in the West Country. (S)
6.00 **A Place in the Sun: What Happened Next?** New edition Sara Damergi revisits Malta. (S)

8.00 Batch from Scratch

7.00 **News** (S)

8.00 **Batch from Scratch: Cooking for Less** New edition Suzanne and Joe come to the aid of a fitness-mad Surrey couple whose contrasting cooking styles are putting a strain on their relationship. (S)(AD)

9.00 **The Hunt: Prey vs Predator** New edition 2/9. The players discover who is the first to be culled. The group barely have time to recover from this shocking revelation before day two dawns and the hunt begins again. (S)(AD) ■ Continues tomorrow

10.05 **The Great Celebrity Bake Off for Stand Up to Cancer** Cherish Finden joins Paul Hollywood in judging the charity challenge, featuring Joe Wilkinson, Roisin Conaty, Rose Matafeo, Judi Love, Tom Davis and Jon Richardson. (S)(R)(AD)
11.25 **Naked Attraction** A sex therapist and a content creator choose potential partners. (S)(R)(AD)
12.25 AM **Open House: The Great Sex Experiment** (S)(R)(AD)
1.20 **Ramsay's Hotel Hell** (S)(SL)(R)
2.10 **A Woman of Substance** 3&4/8. Double bill. (S1) (S)(SL)(R)(AD)
4.00 **A Place in the Sun** (S)(R)
4.30 **Find It, Fix It, Flog It** (S)(R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Murder Most Puzzling** 1/3. Crime drama about a puzzle expert helping the police solve murders in a sleepy market town. Stars Phyllis Logan and Charlotte Hope. (S1) (S)(R)
5.00 **News** (S)
6.00 **Love Nature** New edition Efforts to restore the land at Cave Hill Country Park. (S)
6.05 **Susan Calman's Grand Day Out** The comedian visits Devon, where she tries her hand at lawnmower racing. (S)(R)
6.55 **News** (S)

9.00 Police Interceptors

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts, with guests Ore Oduba and Susan Calman joining team captains Sally Lindsay and Carol Vorderman. (S)
7.55 **News** (S)

8.00 **Motorway Cops: Catching Britain's Speeders** New edition Officers pursue a van and discover the driver has been drinking. PCs spot a motorbike using L-plates as a mud guard with a rider who doesn't have a licence. (S)

9.00 **Police Interceptors** New edition A pair from the Roads Police team approach with caution when a gang of armed, masked men get out of a cloned car being tracked by officers. (S)

10.00 **999: Police Hour of Duty** Officers respond to a call from the parents of a 10-year-old boy who is missing after climbing out of a window, with Derbyshire Police treating it as a high-priority incident. (S)(R)
11.05 **Traffic Cops** (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Killer on the Run** New editions The disappearance of Samantha Koenig in 2012. (S) **3.20** Focusing on the murder of eight-year-old Sandra Renee Cantu in 2009. (S)
4.10 **Friends** (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S24) (S)(R)
10.00 **Will & Grace** (S2) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Global Adventure** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S14) (S)(R)
3.00 **S.W.A.T.** 20/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 16/28. Part one of two. Dwight and Jim try to make up with Kelly after forgetting her birthday. (S)(R) **6.30** 17/28. Part two of two. Michael and Pam head to the Nashua branch to get closure from Holly. (S5) (S)(R)

10.40 Last Week Tonight

7.00 **The Simpsons** *Bart Gets Hit by a Car:* Bart is knocked down by Mr Burns' car. (S)(R) **7.30** *One Fish, Two Fish, Blowfish, Blue Fish:* Homer fears that he has only 24 hours to live. (S)(R)

8.00 **Agatha Raisin** *The Haunted House:* 1/4. The detective opens her own agency, but potential clients aren't exactly breaking down the door of her new office. In search of new business, Agatha and James visit Ivy Hall, a house said to be haunted since the English Civil War. Stars Ashley Jensen. (S3) (S)(R)(AD)

10.00 **Rooster** New episode *White Whale:* 3/10. Comedy starring Steve Carell and Charly Clive. (S1)

10.40 **Last Week Tonight with John Oliver** New edition A satirical look at news and pop culture.
11.25 **Saturday Night Live UK** Comedy sketch and variety show based on the long-running US programme. (R)
12.40 AM **Grimm** 20/22. (S1) (S)(R)
1.35 **Road Wars** (R)
2.00 **The Dyers' Caravan Park** Series finale 6/6. Danny and Dani reflect on their first season at the park and race to complete the playground.
3.00 **Hawaii Five-0** (S1) (S)(R)
4.00 **S.W.A.T.** 20/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
8.30-9.00pm Banjo and Ro's Grand Island Hotel (S)(R) **10.40** Jules and Greg's Wild Swim (S)(R) **11.10** Trying New episodes (S) **12.10am** Sportscene: SWPL Highlights (S)(R) **12.40** Scotcast (S)(R) **1.10** Have I Got News for You (S)(R) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm Ronan Keating's Wild Atlantic New edition (S) **8.30-9.00** NEW SERIES Greatest Gardens with Diarmuid Gavin and Carol Klein (S) **10.40** Panorama: Living Without Life's Little Luxuries (S) **11.10** Trying New episodes (S)(AD) **12.10am** Have I Got News for You (S)(R) **12.40-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
11.40pm-12.10am Scrum V Highlights (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Cumasc: Seisiúin sa Black Gate New edition (S)

WALES
Sky 968, Freesat 968
7.00-7.30pm Scrum V Highlights (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Prosiect Pum Mil **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Am Dro! (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Codi Hwyl: Llydaw **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** NEW Craig Bellamy: Byd y Bel a Mi **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad New edition (AD) **9.35** Sgorio **10.05** Maxine Hughes: Canser ar da Gost? **11.05-11.35pm** GISDA: Drws I'r Digartre (AD)

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

7.00 PM **The Catch Up**
7.05 **Waterloo Road** 5/8. Lorna decides to try out a sexy new image in a bid to catch Tom's attention.
8.05 **Waterloo Road** 6/8. An education inspector visits and brings bad news regarding the school's future. (S1)
9.00 **The Jetty** 3/4. Reeling from the discovery of a body in the lake, Ember wrestles with the emerging truth about Mack. As the walls close in on her, Ember reaches breaking point.
10.00 **The Jetty** 4/4. Ember is forced to confess to her family that human bone fragments were found in the boat hut. (S1)
11.00 **Film Club** 1/6. Drama starring Aimee Lou Wood. **11.35** 2/6. Noa attends a taster day for his new job. **12.05** 3/6. Evie is still reeling from the message she saw on Noa's phone. (S1)
12.35 AM **Spud** Comedy short.
12.55 **Top Gear** With Sienna Miller.
1.55 **to 3.55** AM **The Jetty**

BBC4

116 119 107/108 9/24 106 108 11

7.00 PM **Seven Worlds, One Planet** David Attenborough looks at life in South America, featuring footage of Andean bears, poison dart frogs, pumas and anacondas.
8.00 **Treasures of Ancient Egypt** 1/3. The story of Ancient Egyptian art through 30 masterpieces.
9.00 **Call My Bluff** With Sinead Cusak, Ian Ogilvy, Miles Kington and Penelope Keith.
9.30 **Face the Music** With Joyce Grenfell, Robin Ray and Derek Hart, and guest musician Isobel Baillie.
10.00 **The Unseen Alistair Cooke** A profile of the journalist and broadcaster told through interviews with his friends and family.
11.00 **Imagine: Rose Wylie – This Rose Is Blooming**
12.10 AM **Nature and Us: A History Through Art**
1.10 **Face the Music**
1.40 **Seven Worlds, One Planet** As 7.00pm.
2.40 **to 3.40** AM **Treasures of Ancient Egypt**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a 1997 Peugeot 106 Rallye. **5.50** Tim and Fuzz work on a 1972 Renault Alpine A110.
6.50 **Location, Location, Location** Two sets of first-time buyers look for houses in Southampton and the New Forest.
7.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer are in Larne in Northern Ireland with Catherine and Nigel, who are having problems their 1970s-style bungalow.
9.00 **Our Farm Next Door: Amanda, Clive and Kids** 5/5. The planners agree that renovation can now extend into the adjacent barn, and Amanda and historian Derek head off to meet distant Clarkson relative Dorothy.
10.00 **24 Hours in A&E** A 24-year-old man talks about living with a condition that causes severe pain.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Strangers on a Plane**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight...**
11.35 **First Dates**
12.35 PM **Ramsay's Kitchen Nightmares USA**
1.35 **The Simpsons**
2.30 **Modern Family**
3.25 **Married at First Sight Australia** Reality series.
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Mercedes tries to find out what Jenson is up to.
7.30 **Married at First Sight Australia** New edition The first Commitment Ceremony delivers emotional highs and brutal honesty.
9.15 **Made in Chelsea** New edition The group return from Scotland, and Kit reveals that he has been messaging Inga.
10.20 **Gogglebox** Opinions on *Coronation Street* and *Married at First Sight UK*.
11.20 **First Dates**
12.30 AM **The Simpsons**
1.25 **Married at First Sight Australia** As 7.30pm.
3.00 **Made in Chelsea**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride: Revisited**

Monday

primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Brit Cops: Rapid Response**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 8/22. (S7)
1.00 PM **The Rookie** 7/14. The cops analyse a recent case featuring a former child actor. **2.00** 8/14. The son of a judge is kidnapped. (S3)
3.00 **Law & Order: Criminal Intent** 10/21. Goren investigates a group of hi-tech thieves. (S3)
4.00 **Nothing to Declare**

9.00 Law & Order: Criminal...

7 PM **7.00** **Police 24/7** A look at some of the items that law enforcement find while searching suspects.

8 PM **8.00** **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM **9.00** **Law & Order: Criminal Intent** *Smothered:* 3/22. The team are called in to investigate the murder of a pregnant woman. (S1)

10 PM **10.00** **The Rookie** *Til Death:* 5/18. The team search for a serial killer as Nyla tries to deal with the aftermath of the attack. (S7)
11.00 **The Rookie** 6/18. (S7)
12.00 M'T **FBI** 4/22. (S7)
1.00 AM **Matlock** 5/19. (S1)
2.00 **The Rookie** New episode (S8)
3.00 **Doc** 11/22. (S2)
4.00 **Highway Cops**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
7.55 **Game of Thrones** (S4&5)
2.30 PM **Game of Thrones** 6/10. Arya continues her training at the House of Black and White. **3.35** 7/10. Jaime attempts to reconnect with his family. **4.40** 8/10. Arya makes progress in her training. **5.45** 9/10. Daenerys hosts a much-anticipated celebration of athleticism. **6.50** 10/10. Cersei finds herself seeking forgiveness. (S5)

9.00 DTF St Louis

7.55 **Game of Thrones** *The Red Woman:* 1/10. Ramsay sends his dogs after Theon and Sansa, while Ellaria and the Sand Snakes make their move. (S6)

9.00 **DTF St Louis** New episode 4/7. Black comedy starring David Harbour, Jason Bateman and Linda Cardellini. (S1)

10.00 **All Her Fault** 4/8. Alcaras is tempted by an offer that goes against his morals. (S1)
11.00 **House of the Dragon** 1/10. King Viserys Targaryen hosts a tournament. **12.15** AM 2/10. Daemon announces his intentions. **1.20** 3/10. Rhaenyra faces the prospect of marriage. **2.35** 4&5/10. (S1)
5.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.20 **Real Housewives of Atlanta**
11.15 **Real Housewives of Beverly...**
12.10 PM **Ant & Dec's Limitless Win**
1.10 **Wheel of Fortune**
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Atlanta**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

11.30 American Dad!

7.00 **Wheel of Fortune** Graham Norton hosts as contestants compete for the chance to spin the wheel and win big money.

8.00 **Ant & Dec's Limitless Win** Two brothers finish their game, before an aunt and her nephew take on the Limitless Ladder.

9.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

10.00 **Family Guy** 2/20. The guys recount stories of three music legends. (S20) **10.30** 6/18. Peter throws Jesus a party. (S13)
11.00 **Family Guy** 2/20. (S15)
11.30 **American Dad!** Series finale 22/22. Animation. (S20)
12.05 AM **American Dad!** (S16)
12.35 **Bob's Burgers** 4&1/16. (S14)
1.30 **Plebs** 8/8. (S2)
2.00 **Deal or No Deal**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *The Fisher King:* A womaniser is killed with an ancient spear.
3.35 **Classic Emmerdale**
5.15 **Classic Coronation Street**
5.50 **Heartbeat** *Nowt but a Prank:* A feud between warring neighbours turns into a siege when Nick is held at gunpoint.

10.00 Endeavour

6.55 **Heartbeat** *Old, New, Borrowed, Blue:* Nick tackles a tidy burglar who insists on clearing up the houses he robs.

8.00 **Midsomer Murders** *Midsomer Rhapsody:* The discovery of a priceless music score leads to revelations about its composer, and may give clues to the case of a man found battered to death. Guest stars June Whitfield and Trevor Peacock.

10.00 **Endeavour** *Game:* The detective throws himself into his work following his loss, and investigates the suspicious death of a scientist from a team working on a computer.
11.50 **A Touch of Frost** *Close Encounters:* An autistic teenager is arrested for the murder of a security guard.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.10 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.30 PM **Dempsey and Makepeace**
1.35 **Magnum, PI**
2.35 **Kojak**
3.40 **Boon** *Thicker Than Water:* A fairground big wheel owner helps Ken out on a case.
4.50 **Sharpe** *Sharpe's Rifles:* Sharpe is promoted for saving General Wellesley's life and sent behind enemy lines.

9.00 The 1% Club

7.00 **Formula E Highlights** Action from the Madrid E-Prix, the sixth round of the season at Circuito Permanente Del Jarama.

8.00 **Junk & Disorderly** Henry Cole and the team delve into the cast-offs of top collector Matt XX and uncover a vintage Chopper

9.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

10.00 **FILM American Psycho** Satirical black comedy based on the novel by Bret Easton Ellis, starring Christian Bale. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Lost** 13/25. Locke tries to ensure Boone's silence. (S1)
12.55 AM **Minder**
1.50 **The Sweeney**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Designing the Hebrides**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Sportscene: SWPL Highlights** Recent action.
8.00 **Life on the Bay**
9.00 **Designing the Hebrides** Banjo Beale and his team transform a hotel in Tobermory. **9.30** Banjo and his team transform an empty garage into a fully functioning shop.
10.00 **River City** New episode Viv carries out her plan to get Alex on side.
10.30 **Two Doors Down** 6/6. Beth organises a baby shower for mother-to-be Sophie. (S2)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Not Your Average Family**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sex and the City**
1.05 PM **Sex and the City**
5.20 **Sex and the City** 1/18. Carrie feels depressed on her 35th birthday. **5.55** 2/18. Carrie is asked to model in a fashion show. **6.30** 3/18. Samantha befriends a lesbian artist. **7.05** 4/18. Miranda goes on strike and Samantha breaks startling news. **7.45** 5/18. Miranda has mixed feelings when Steve announces he is opening his own bar. **8.25** 6/18. Carrie admits to the girls that she wants Aidan back. (S4)
9.00 **Real Time with Bill Maher** New edition The comedian and guests discuss the week's events.
10.10 **Bill Maher: Adulting**
11.25 **Sex and the City** (S1)
12.25 AM **Ballers** (S2)
1.35 **Barry** (S1&2)
3.20 **Veep** 6&7/10. (S4)
4.25 **to 5.00** AM **Entourage**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Classic FM Live**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Wonderland: From JM Barrie to JRR Tolkien**
3.00 **Stories from the National Portrait Gallery**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu Royale: Coronation Concert Live in Amsterdam**
10.15 **André Rieu: Falling in Love Again**
11.15 **Comedy Legends**
12.15 AM **Peter O'Toole: Along the Sky Road to Aqaba** Documentary.
2.15 **The World in a Painting: Caravaggio's Comb**
3.30 **The Art of Architecture**
4.30 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 6/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** *Lonely Among Us:* 7/26. (S1)
8.00 **Nothing to Declare**
9.00 **FBI** 3/13. (S6)
10.00 **FBI: Most Wanted** (S1)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warrior** 10/10. (S2)
1.05 AM **The Force: Manchester**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five university friends take part.
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Nay Nay tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson hosts the quiz in which another line-up of contestants answer the questions that could change their lives.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location** From Sussex.
10.00 **Stacey Solomon's Renovation Rescue**
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From Italy.
1.00 PM **A Place in the Sun**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **George Clarke's Building Home**
7.00 **The Roman Empire by Train with Alice Roberts**
8.00 **Devon and Cornwall**
9.00 **24 Hours in A&E**
10.00 **FILM Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
12.05 AM **Gogglebox**
2.05 **Confessions of a Cam Girl** Documentary.
3.05 **Open House: The Great Sex Experiment**
4.05 **to 5.00** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 25/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 26/26. (S6)
2.00 **Warehouse 13** 11&12/13. (S1)
4.00 **Stargate SG-1** 18/22. (S3)
5.00 **Star Trek: Voyager** (S3)
6.00 **Star Trek: The Next Generation** 25/26. The *Enterprise* is mysteriously frozen in time during an attack by a Romulan ship. (S6)

10.50 The Walking Dead

7.00 **Star Trek: Deep Space Nine** *Tears of the Prophets:* 26/26. Part one of three. Sisko leads an invasion of Dominion territory. (S6)

8.00 **Stargate SG-1** *Shades of Grey:* 18/22. Jack jeopardises Earth's diplomatic relations with the Tollans. (S3)

9.00 **Grimm** *Pilot:* 1/22. First episode of the fantasy crime drama starring David Giuntoli.

10.00 **Grimm** *Bears Will Be Bears:* 2/22. A teenager is attacked while breaking into a house. (S1)
10.50 **The Walking Dead** *Days Gone Bye:* 1/6. First episode of the post-apocalyptic drama. (S1)

12.10 AM **Warehouse 13** 11&12/13. Double bill of the sci-fi drama starring Eddie McClintock. (S1)
1.50 **The Walking Dead** 1/6. (S1)
3.10 **Reginald the Vampire** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 13/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S2)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 13/23. (S1)
5.00 **Hudson & Rex** 2/16. Charlie and Rex unravel a conspiracy within the city's parkour community. (S1)
6.00 **My Life Is Murder** 1/10. A woman shoots a stranger at point-blank range. (S2)

5.00 Hudson & Rex

7.00 **Father Brown** *The Devil You Know:* A senior member of the police force is murdered at a bowls match.

8.00 **Death in Paradise** *Murder on Mosquito Island:* 6/8. A desert island survival course goes wrong when the leader is found dead.

9.00 **Death in Paradise** *Death in the Salon:* 7/8. The owner of a hair salon is killed in puzzling circumstances. (S9)

10.00 **Father Brown** *The Blessing of the Father:* A would-be killer seems set to ruin Mrs Devine and Sullivan's big day.
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise**
1.00 AM **My Life Is Murder**
2.00 **We Hunt Together** 2/6. Lola and Jackson close in on main suspect, Robert Miller. (S2)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.15 **Hi-de-Hi!**
11.55 **Porridge**
12.30 PM **Keeping Up Appearances**
1.10 **The Green Green Grass**
1.50 **Dad's Army**
2.30 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.25 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

8.20 Are You Being Served?

7.00 **Porridge** Fletch comes up with a cunning plan to shirk his duties.
7.40 **Dad's Army** The platoon take part in an exercise with the regular army.
8.20 **Are You Being Served?** Pilot episode of the department store comedy starring John Inman.

9.00 **Gavin & Stacey** Neil's christening offers an opportunity for a reunion. **9.40** The newlyweds begin leading separate lives in their home towns.
10.15 **Men Behaving Badly** Gary decides to make an honest woman of Dorothy.
10.55 **Harry Enfield and Chums** Comedy sketches.

11.35 **Gavin & Stacey** As 9.00pm.
12.55 AM **Men Behaving Badly**
1.30 **Harry Enfield and Chums**
2.20 **Don't Wait Up**
2.50 **Keeping Up Appearances**
3.20 **to 4.00** AM **Ghosts**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Dave Gorman: Modern Life Is Goodish**
8.00 **Cops on the Rock**
10.00 **Railroad Australia**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** The chef watches fishermen catching mullet from a lagoon in Sardinia.

11.00 Taskmaster

7.00 **Would I Lie to You? at Christmas** Festive edition of the comedy panel show.
7.40 **Richard Osman's House of Games** With Jessica Knappett, Rob Rinder, Alex Jones and Karim Zeroual. **8.20** With Steve Cram, Lloyd Griffith, Jeanette Kwakye and Josie Long.

9.00 **QI XL** Sandi Toksvig hosts a festive edition of the quiz, with panellists Jimmy Carr, Eshaan Akbar, Jo Brand and Alan Davies.

10.00 **Have I Got a Bit More News for You** Bill Bailey hosts the quiz, with guest panellists Helen Lewis and Daliso Chaponda.
11.00 **Taskmaster** Ed Gamble dons a baby's bonnet, and Katy Wix makes Alex Horne wince.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? at Christmas** As 7.00pm.
2.00 **to 4.00** AM **Hypothetical**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.40 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.05 **All Creatures Great and Small** Helen is finally able to get up and about.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

5.20 Birds of a Feather

7.20 **Last of the Summer Wine** Howard discovers his spirit of adventure and vows to row across the Atlantic single-handed.

8.00 **Judge John Deed** *Silent Killer:* A couple attempt to sue their council after developing medical conditions they claim were caused by a local mobile phone mast used to transmit internal police communications.

10.00 **New Tricks** *Ice-Cream Wars:* The squad investigate a feud between two family ice-cream businesses.
11.20 **The Inspector Lynley Mysteries** *In Pursuit of the Proper Sinner:* Lynley looks into an attack on two campers.
1.20 AM **All Creatures Great and Small** Rural drama.
2.15 **Birds of a Feather**
3.00 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

Monday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S7&8)
12.00 NOON **Law & Order**
5.00 PM **Law & Order**
6.00 **NCIS** *A Man Walks into a Bar:* 14/24. The agents are forced to undergo psychological evaluations. **7.00** *Defiance:* 15/24. The team protect the daughter of a foreign defence secretary. **8.00** *Kill Screen:* 16/24. A Marine's teeth and fingertips are found in a pickpocket's purse. (S8) **9.00** New episode *Baker's Man:* 10/20. After NCIS learn that the owner of Parker's favourite bakery is being blackmailed, they hatch a plan to save her from the perpetrators. (S22)
10.00 **Law & Order: Special Victims Unit** (S24&23)
1.45 AM **Blue Bloods** (S10)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dogs Behaving (Very) Badly**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** There's a disruption to the hospital network.
9.00 **Ambulance: Code Red** A man collapses at the wheel and crashes his car in the street.
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **999: Criminals Caught on Camera**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Police Interceptors**
11.40 FILM **The Far Country** Western adventure with James Stewart. (1954, U, 97min) ★★★★
1.50 PM FILM **Chuka** Western with Rod Taylor. (1967, PG, 105min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** A car with cloned registration plates has racked up nearly 600 fines.
8.00 **Police Interceptors**
9.00 **Highway Thru Hell**
10.00 **Motorway: Hell on the Highway**
11.00 **The X-Files** 11/24. (S1)
12.00 M'T **Mud Mountain Haulers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Gemma and Gorka: Life Behind the Lens**
7.00 **Tipping Point**
10.00 **Find It, Fix It, Flog It**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **The Supervet: Noel Fitzpatrick** A feisty feline receives attention after being hit by a car. **9.00** Scans reveal multiple sites of deformity affecting a Dalmatian's vertebrae. **10.00** Noel treats a nine-month-old cockapoo, whose owners are concerned about a dragging front paw.
11.00 **Killer Women with Piers Morgan** The case of Jennifer Mee. **12.00** M'T The story of Ashley Humphrey.
1.00 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **Rise of the Nazis: The Manhunt** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Adolf Hitler's War**
5.00 **Rise of the Nazis: The Manhunt** Documentary.
6.00 **Antiques Roadshow**
7.00 **Wilderness with Simon Reeve** From Patagonia.
8.00 **Dom Chinea's Cornish Workshop** New edition Dom Chinea and Sam Lovegrove have a go at gig rowing after fixing the club trailer in Hayle.
9.00 **Incredible Journeys with Simon Reeve**
10.00 **Bangers & Cash**
12.00 M'T **Retro Electro Workshop**
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** From Spain.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family: Born Without Trace**
6.00 **The Yorkshire Auction House** A battalion of Action Man toys end up in a bidding war. **7.00** Angus tries to fund a couple's move by selling their gemstones and retro video games.
8.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** Double bill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** (S1&2)
1.00 PM **The Waltons** (S5)
3.00 **Ballykissangel** (S4)
4.10 **Born and Bred** (S3)
5.20 **Bramwell** 1/7. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 15/25. Frank's wife files for divorce. **8.00** 16/25. Radar hunts for tomato juice. **8.30** 17/25. Hawkeye holds a foot inspection. **9.00** 18/25. A drunken practical joke backfires. **9.30** 19/25. Hawkeye is hurt in a jeep accident. **10.00** 20/25. Frank comes up with a plan. **10.30** 21/25. Hawkeye is charged with mutiny. (S4)
11.00 **The New Avengers** (S2)
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H**
2.25 **Home to Roost** (S2)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The Avengers**
11.00 **The High Chaparral**
12.00 NOON **FILM The Plainsman** Western remake with Don Murray. (1966, U, 92min) ★★
2.25 PM **FILM Once Upon a Texas Train** Western. (1987, PG, 100min) ★★
4.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S6)
9.00 **FILM The Punisher** Action thriller starring Tom Jane and John Travolta. (2004, 18, 123min) ★★★
11.30 **FILM The Trust** Comedy thriller starring Nicolas Cage and Elijah Wood. (2016, 15, 90min) ★★★
1.30 AM **The Baron** (S1)
2.25 **The New Avengers** (S2)
3.35 **to 5.50** AM **FILM McLintock!** Comedy Western with John Wayne. (1963, U, 127min) ★★★

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM Aurora Teagarden Mysteries: How to Con a Con** Thriller. (2020, PG) ★★
10.05 **In Plain Sight** (S1)
11.05 **Castle** 21/23. (S7)
12.05 PM **FILM Picture Perfect Mysteries: Dead Over Diamonds** Crime drama. (2020, PG) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 22/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S1)
10.00 **FILM Mystery 101: Pilot** Crime drama. (2019, PG, 89min) ★★
11.55 **FILM Garage Sale Mystery** Crime drama. (2013, PG, 90min) ★★
1.50 AM **FILM Killer Mom** Thriller. (2017, 12) ★
3.20 **to 5.00** AM **FILM Secrets of a Gold Digger Killer** Thriller. (2020, PG, 90min) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM The Wedding Wish** Comedy drama. (2007, PG, 90min) ★★
10.20 **FILM Stop the Wedding** Drama. (2016, U) ★★
12.15 PM **FILM A Slice of Romance** Drama. (2021, PG, 84min) ★★
2.15 **FILM Just My Type** Romantic comedy. (2020, PG, 84min) ★★
4.10 **FILM Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
6.10 **FILM Sweet Home Carolina** Drama. (2017, PG, 84min) ★★
8.00 **FILM Falling for the Competition** Drama. (2023, U, 89min) ★★
10.00 **FILM Christmas Wishes and Mistletoe Kisses** Comedy. (2019, U) ★
11.50 **FILM Two Turtle Doves** Drama. (2019, U) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Just My Type** As 2.15pm.

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Real Thick Glasses** Documentary.
12.15 PM **Great British Food**
12.45 **Edwardian Farm**
2.00 **My Floating Home**
3.00 **New Home DIY**
4.00 **Supermarket Secrets Revealed**
5.00 **Highclere: The Real Downton Abbey**
6.00 **The Greatest Auction**
7.00 **LumoTV: Crafty Champions**
7.30 **New Home DIY**
8.00 **My Floating Home**
9.00 **Supermarket Secrets Revealed**
10.00 **LumoTV: Random Series**
10.30 **Queer Lives Today**
11.00 **Sex Secrets: Sex in Lockdown**
12.00 M'T **FILM Can You Keep It Up for a Week?** Comedy. (1974, 18) ★
2.00 AM **The Greatest...**
3.00 **Highclere: The Real...**
4.00 **to 5.00** AM **Supermarket Secrets...**

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Dustbinmen**
12.35 **Agony** 3/7. (S3)
1.05 **Star Maidens** (S1)
1.35 **The Champions** (S1)
2.35 **The Prime of Miss Jean Brodie** 7/7. (S1)
3.40 **Mysterious Tales**
3.45 **Hank the Cowboy**
4.00 **Secrets of the Coast**
4.30 **Jack Hargreaves' Old Country** (S3)
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S2)
6.30 **Star Maidens**
7.00 **Agony** 3/7. (S3)
7.30 **The Gaffer** 3/7. (S3)
8.00 **The Champions** (S1)
9.00 **Drop the Dead Donkey**
10.00 **FILM Horror Hospital** Horror. (1973, 18) ★
11.45 **FILM Night of the Living Dead** Horror. (1968, b/w, 15) ★★★★
1.30 AM **Stereo Underground**
2.30 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A fight test Jake's resolve as heavy winds threaten to wreck his boat. **8.00** Sean gambles on a new venture with a fresh-faced crew.
9.00 **Body Bizarre**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Gwen and Sarah build a crossbow in the bush.
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Man v Food with Casey Webb**
7.00 **Hairy Bikers Go North**
8.00 **The Pioneer Woman**
9.00 **Jamie Cooks Italy**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **Hairy Bikers Go North**
4.00 **The Pioneer Woman**
5.00 **Jamie Cooks Italy**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Marcus Wareing's Tales from a Kitchen Garden**
10.00 **Rick Stein's Food Heroes** Rick samples Suffolk black pork. **10.30** The chef visits the Lake District.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food Nation**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 5/22. (S6)
9.00 **The A-Team** 13/13. (S5)
10.00 **The Invaders** (S2)
11.00 **FILM The 7 Adventures of Sinbad** Fantasy. (2010, PG, 90min) ★★
1.00 PM **FILM The Buccaneer** Adventure. (1958, b/w, PG) ★★★
3.15 **FILM Island of Terror** Sci-fi horror. (1966, PG, 90min) ★★★
5.00 **Star Trek** 15/24. (S3)
6.00 **The Invaders** (S2)
7.00 **T.J. Hooker** 2/5. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM Maximum Risk** Action thriller. (1996, 18, 101min) ★★
11.10 **FILM Nowhere to Run** Romantic action thriller. (1993, 15, 95min) ★★
1.10 AM **FILM Best of the Best** Action drama. (1989, 15, 100min) ★★
3.10 **to 5.00** AM **FILM Buried** Thriller. (2010, 15, 94min) ★★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM MegaFault** Sci-fi action adventure. (2009, 12, 90min) ★★
11.00 **The Lost World** (S3)
12.00 NOON **FILM Tornado Warning** Sci-fi thriller. (2012, PG, 90min) ★★
2.00 PM **FILM George and the Dragon** Fantasy adventure. (2004, PG, 93min) ★★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Boot Hill** Comedy Western. (1969, PG, 91min) ★★
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** 8/22. (S3)
9.00 **FILM Machete Kills** Action thriller sequel. (2013, 15, 105min) ★★
11.10 **FILM The Resident** Horror. (2011, 15) ★★
1.00 AM **FILM Beware My Brethren** Thriller. (1972, 15, 98min) ★★
3.00 **FILM Boot Hill** As 5pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Mountain Men**
12.10 PM **Swamp People**
1.05 **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Encounter: UFO**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Curse of Skinwalker Ranch** Documentary.
10.00 **Beyond Skinwalker Ranch** Documentary.
11.00 **Discovered by Disaster**
12.00 M'T **History's Greatest Myths**
1.00 AM **Encounter: UFO**
2.00 **Ancient Aliens**
3.00 **Mountain Men**
3.45 **Swamp People**
4.35 **to 6.00** AM **Highlights**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Guatemala
12.00 NOON **Nazi Megastructures**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **The Yorkshire Vet**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Susan Calman's Grand Day Out** The comedian embarks on a quest through Somerset.
10.00 **Tom Read Wilson's Magnificent Journey**
11.00 **Weekends Away with Jane McDonald**
12.00 M'T **Wentworth Prison**
1.05 AM **Happy Campers: The Caravan Park**
3.05 **to 4.00** AM **Paul Martin's Antiques Showdown**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable**
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Famous faces compete to win a cash prize for charity.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase** Triple bill of the quiz show.
10.00 **The Chase Celebrity Special** Edwina Currie, Rachel Riley, Keith Duffy and Mark Charnock compete for charity.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **Ruby & Jodi: A Cult of Sin and Influence** New edition 3/4. Jessi Hildebrandt exposes their aunt Jodi's manipulation as survivors speak out and reveal her cult-like control and the lasting damage she causes. **10.00** Series finale 4/4. Ruby Franke's journals expose abuse under Jodi's influence.
11.00 **Little Boy Lost: An ID Mystery** The disappearance of seven-year-old Kyron Horman in June 2010.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S7)
1.00 PM **Michael McIntyre's The Wheel** As 9.00pm.
2.00 **Friends** (S7&8)
8.00 **Friends** 5/24. Ross is horrified to learn Rachel has a date. **8.30** 6/24. Phoebe is attracted to her twin sister's fiancé. (S8)
9.00 **Michael McIntyre's The Wheel** With Iain Stirling, Liza Tarbuck, Rachel Riley, Trevor Nelson, GK Barry, Gabby Logan and Chris McCausland.
10.00 **Michael McIntyre: Showtime** Stand-up.
11.05 **Jimmy Carr's Am I the A**hole?**
12.05 AM **Whose Line Is It Anyway? USA**
1.05 **South Park**
3.30 **Demetri Martin: Standup Comedian**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Spin City** (S3)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S10)
1.00 PM **Criminally Funny**
2.30 **Gods of the Game**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S3)
7.00 **Everybody Loves Raymond** (S7)
10.00 **Friends** 15/24. Joey tells a fellow cast member that her character is to be killed off. (S7)
10.30 **Friends** 16-20/24. (S7)
1.00 AM **Ricky Gervais Show**
2.00 **Utopia** 6/8. (S3)
2.30 **Teachers** (S3)
3.00 **Reno 911!** (S7)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.20 **Bread** 7/14. (S5)
10.55 **Steptoe and Son** (S4)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S1)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 7/13. Sitcom. (S1)
2.45 **Minder** 5/10. (S5)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Some Mothers Do 'Ave 'Em** 3/6. Sitcom. (S2)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.10 **Steptoe and Son** (S4)
6.45 **Rising Damp** 6/6. (S4)
7.15 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 7/11. (S1)
9.00 **Benidorm** 4/7. (S8)
9.55 **Shameless** 7/16. (S6)
11.00 **Man About the House**
11.25 **Rising Damp** 1/6. (S4)
11.55 **Benidorm** 4/7. (S8)
12.55 AM **Minder** 11/13. (S2)
1.55 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **MTV Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom: From rhe Beginning** Reality series.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
3.00 PM **Help! I'm in a Secret Relationship!**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **Teen Mom UK: Next Generation** Valentino's birthday ends with Amelia in tears.
9.00 **Just Tattoo of Us** With *Love Island*'s Darylle and her partner Carlo.
10.00 **Tattoo Fixers**
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New editions
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Tanked** Double bill.
9.00 **The Last Woodsmen**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** A dog goes into cardiac arrest at the clinic. **2.00** A dog is brought in with a suspected broken leg.
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** The Raneys meet Montana homesteaders struggling with a number of problems.

8.00 **Filthy Fortunes**

7.00 **Wheeler Dealers** Mike Brewer comes across a 1995 Volvo 850 T-5R, a station wagon with a racing pedigree.
8.00 **NEW SERIES Filthy Fortunes** Matt Paxton and the team tackle a hoard packed with vintage toys and hidden guns.
9.00 **Maine Cabin Masters** Chase Morrill and his team try to turn a dated cabin in Belgrade Lakes into a luxury family retreat.
10.00 **Ancient Unexplained Files** The shocking secrets behind mysterious red skulls found in a 500-year-old grave.
11.00 **Expedition Bigfoot** The team discover evidence that could finally prove Bigfoot exists.
12.00 M'T **Deadliest Catch** Jake loses steering in heavy seas.
1.00 AM **Maine Cabin Masters**
2.00 **Ancient Unexplained Files**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **The Gamechangers: Inventing the World**
10.00 **Tanked** Presenter and actor Mario Lopez helps the team.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** The marine team hunt for a foreign cargo vessel in the Gulf of Mexico.
6.00 **Dr Jeff: Rocky Mountain Vet** The team move to a new building with twice the space.

8.00 **Sharks and the City**

7.00 **Treehouse Masters** Pete Nelson heads to Virginia, where he builds a Thomas Jefferson-inspired treehouse.
8.00 **Sharks and the City: New York** Investigating a potential great white shark population surge in New York City harbour.
9.00 **Alaska: The Last Frontier** Otto, Charlotte, Eivin and Eve butcher a cow to stock up on meat for winter.
10.00 **Alaskan Bush People** The wolfpack prepare for their first-ever wedding in the bush, but emotions are running high.
11.00 **The Haunted** A couple call in a demonologist when they hear ghostly threats and find bloody handprints on their baby's crib.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **100 Days Wild**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Dutch Caribbean Coastguards**
9.00 **Air Crash Investigation**
10.00 **Rebuilding Notre Dame: The Next Chapter**
11.00 **Strangest Things**
12.00 NOON **Disaster Autopsy**
1.00 PM **Car S.O.S** A Fiat Spider.
2.00 **Air Crash Investigation: Surviving Disaster**
3.00 **Planes that Changed History**
4.00 **Amsterdam Central 24/7**
5.00 **Car S.O.S** Tim and Fuzz restore a 2002 Suzuki Jimny.
6.00 **Inside Melbourne Airport**

10.00 **Yukon Rescue**

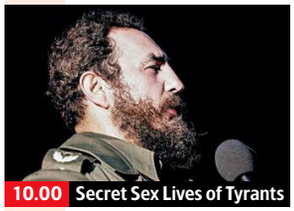
7.00 **Air Crash Investigation** The 1958 accident in which the plane carrying Matt Busby's Manchester United team.
8.00 **Air Crash Investigation** New edition Moments after taking off, a turboprop plunges into the North Atlantic.
9.00 **To Catch a Smuggler** New edition The US Coast Guard stops over 13,000 kilos of cocaine.
10.00 **Yukon Rescue** New edition Conservation officer Logan encounters a potentially life-threatening situation with two aggressive bears.
11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Abandoned**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Full Custom Garage**
6.55 **Adventure Gold Diggers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **Digging for Britain**
1.00 PM **Great British Castle Rescue** As 9.00pm.
2.00 **Secrets of Great British Castles** Exploring York Castle. **3.00** Leeds Castle in Kent. **4.00** Lancaster Castle. **5.00** Arundel Castle.
6.00 **American Pickers** A quest to track down a recording trailer absent for decades.



10.00 **Secret Sex Lives of Tyrants**

7.00 **Forged in Fire** The smiths face the cold to turn a snowmobile's blades into a kukri knife.
8.00 **Digging for Britain** Featuring archaeological treasures found in the west of Britain, including a rare medieval cemetery.
9.00 **Great British Castle Rescue** New edition A visit to Lowther Castle, which was gutted by the 7th Earl of Lonsdale.
10.00 **Secret Sex Lives of Tyrants** New edition The sexual power plays of former Cuba president Fidel Castro.
11.00 **History's Most Shocking** The 1937 *Hindenburg* airship disaster, and a motorist's fight for survival from a falling forest.
12.00 M'T **Secrets of Great British Castles** Triple bill.
2.50 AM **Great British Castle Rescue** As 9.00pm.
3.40 **Digging for Britain**
4.25 **Pawn Stars**
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Celtics City**
7.05 **Discovering: Christian Bale**
8.00 **The Directors**
9.00 **The Movies**
10.00 **The Civil War**
11.05 **The Sixties**
12.00 NOON **FILM Ice on Fire** Documentary about potential environmental solutions. (2019, PG, 88min) ★★★★
2.00 PM **Bobby Robson: More Than a Manager**
4.00 **Discovering: Christian Bale**
5.00 **The Directors**
6.00 **The Movies**

12.00 **Ice on Fire**

7.00 **The Civil War** 6/9. The series of 1864 battles that pitted generals Ulysses S Grant and Robert E Lee against each other.
8.00 **The Wimbledon Kidnapping** A look back at the mysterious disappearance of Muriel McKay in Wimbledon in 1969, as well as the trial of the first kidnap and ransom case in Britain.
10.00 **Beware the Slenderman** Exploring how the legend of The Slenderman, a figure born from internet memes, became a focal point in an attempted murder investigation.
12.15 AM **FILM Ali & Cavett: The Tale of the Tapes** Muhammad Ali's appearances on *The Dick Cavett Show*. (2018, PG, 95min) ★★★
2.15 **Seve** Documentary.
4.15 **Brillo Box (3¢ off)**
5.00 **to 6.00** AM **Discovering: Christian Bale**

7 PM
8 PM
9 PM
10 PM

Monday

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Antiques Road Trip**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **Celebrity Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **Shed and Buried** Henry and Fuzz find vintage agricultural gems.
9.00 **NEW SERIES Shed and Buried: Classic Cars** Henry Cole and Fuzz Townsend head to Bristol to view Robert's 1950 Austin Atlantic.
10.00 **Mock the Week**
11.00 **MotoGP Highlights**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **The Real Death in Paradise** In 2005, a couple's holiday in Sharm El Sheikh, Egypt, is shattered when a series of bombs are detonated.
10.00 **Britain's Deadliest Kids**
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **The Suitcase Murders** Double bill.
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of Gary Cunningham, who was trying to make a relationship work. But behind closed doors, he was being abused.
8.00 **Fraud Squad** An organised crime gang try to swindle £13million.
9.00 **Storm of Suspicion** New edition When an evening summer storm rolls through a small town in Maine, a beloved teenager is found brutally murdered.
10.00 **Murder UK** New edition The case of Elliot Turner, who murdered Emily Longley in 2011 after she rejected him.
11.00 **Bloodline Detectives**
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **The Killer You Know**
10.45 **Teleshopping**
11.00 **48 Hours**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **The Killer You Know** Double bill..
4.00 **48 Hours** A father dreams his daughter has been killed – and then she disappears.
5.00 **Medical Detectives** A blood sample helps a police investigation. **5.30** Evidence provided by a sweet wrapper. **6.00** The story of how a forensic anthropologist discovered the truth about a death. **6.30** A pipe bomb detonates in a rural home, killing a man and injuring his mother.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **The Force: Manchester**
7.00 **Brit Cops**
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Britain's Most Evil Killers**
12.00 NOON **The Cheshire Murders** Documentary.
2.15 PM **The Killer Within**
3.10 **World's Most Evil Killers**
4.05 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Undercurrent: The Disappearance of Kim Wall** 1&2/2.
11.20 **Catching the Killer**
12.15 AM **World's Most Evil...**
1.10 **How I Caught the Killer**
2.00 **World's Most Evil Killers** New edition
3.00 **Britain's Most Evil Killers**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the...**
8.35 **Treasures Decoded**
9.30 **Revolutionary War Weapons** As 7.15pm.
10.40 **The War** As 8.20pm.
11.45 **Hidden Letters**
1.00 PM **America the Bountiful** Documentary.
1.35 **Treasures Decoded**
2.35 **Revolutionary War Weapons** As 7.15pm.
3.50 **The War** As 8.20pm.
4.55 **Hidden Letters**
6.15 **Treasures Decoded**
7.15 **Revolutionary War Weapons** The weapons used in the American Revolutionary War.
8.20 **The War** The Allied campaign in Italy during early 1944.
9.30 **Hidden Letters** A look at the secret language of Nushu.
10.50 **Revolutionary War Weapons** As 7.15pm.
12.00 M'T **The War**
1.15 **to 2.00** AM **America the Bountiful**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Great Parks of Africa**
9.00 **Orangutan Jungle School**
10.00 **Into the Wild: India**
11.00 **Africa's Hunters**
12.00 NOON **Secrets of the Enchanted Waters**
1.00 PM **Monkey Life**
2.00 **Great Parks of Africa**
3.00 **Orangutan Jungle School**
4.00 **Into the Wild: India**
5.00 **Africa's Hunters**
6.00 **Secrets of the Enchanted Waters** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Wolves and Lions: Old Enemies**
9.00 **Wild Sky** Documentary.
10.00 **Secrets of the Enchanted Waters** Documentary.
11.00 **Africa's Hunters**
12.00 M'T **Secrets of Wild Australia**
1.00 AM **New Kids in the Wild**
2.00 **Wolves and Lions: Old Enemies**
3.00 **Wild Sky**
4.00 **Great Parks of Africa**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Evidence of the Unexplained**
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Machines**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **Evidence of the Unexplained**
6.00 **What on Earth?**
7.00 **Battle 360** USS *Enterprise*.
8.00 **Combat Machines** A robot that defused bombs both on foreign battlefields and British streets.
9.00 **Bone Detectives** The remains of over 100 young men found on the site of a proposed car park in Hampshire.
10.00 **Cracking the Code**
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **The Dino Hunters**
1.00 PM **Truth Behind the Moon Landing** Double bill.
3.00 **Killers of the Cosmos**
6.00 **How Do They Do It?** Six editions, including at: **8.30** How modern violins that sound as good as the legendary Stradivarius are produced.
9.00 **Truth Behind the Moon Landing** Experts examine the disappearance of tapes from the Apollo 11 Moon landing. **10.00** A look at claims about the US flag on the moon.
11.00 **NASA's Unexplained Files** Interviews with astronauts and scientists shed light on the many mysterious flying objects that have been caught on Nasa's cameras. **12.00** M'T A startling image taken by a Nasa probe points to evidence of life on Mars.
1.00 AM **Killers of the Cosmos**
4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Murdertown**
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **Somebody's Hiding Something**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Accident, Suicide or Murder?** The link between a truck inferno and a missing persons report.
9.00 **Ross Kemp: Lost Boys, Deadly Men** New edition The case of Amie Gray's murder in 2023 in Bournemouth.
10.00 **Crimes That Shook Britain**
11.00 **Menendez Brothers: Murder by Media** Documentary.
12.30 AM **Ross Kemp: Lost Boys, Deadly Men** As 9.00pm.
1.30 **Britain's Darkest Taboos**
2.30 **Homicide Hunter**
3.30 **Hometown Tragedy**
4.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **America's Mighty Northwest**
11.00 **Fish My City**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Critter Fixers: Country Vets**
3.00 **Jungle Animal Rescue**
4.00 **Secrets of the Zoo**
5.00 **Ice Road Rescue**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** An onager and a bonobo are given a new lease of life by the zoo's vets.
8.00 **Gorongosa: Paradise Reborn** The story of the greatest wildlife restoration effort in history.
9.00 **The Incredible Honey Badger** A look at how each brush with death refines the honey badger's fearlessness.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Africa's Hunters**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

7.00 AM **Tony Robinson's VE Day: Minute by Minute** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers: Reloaded**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Experts investigate dead stars, known as white dwarfs.
1.00 PM **Mysteries of the Missing**
2.00 **In Search of Monsters**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Tony Robinson's VE Day: Minute by Minute** The actor takes a look at the key events that made VE Day such a momentous 24 hours.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **Mysteries of the Missing**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Top Gear**
1.00 PM **Top Gear** Four editions of the series, including at: **4.00** Jeremy Clarkson tries to drive from London to Edinburgh and back again in an Audi A8 – on one tank of fuel.
5.00 **The Two Ronnies**
8.00 **The Two Ronnies** Vintage comedy with Messrs Barker and Corbett, including the sketches News Items, Fatheads Revisited, Hell Fire, Tramps and One Man Band. Plus, Elaine Paige provides the music. **9.00** Vintage comedy from Messrs Barker and Corbett, with music by Elaine Paige, who sings *Running Back for More*. **10.00** Vintage comedy from Messrs Barker and Corbett, with a musical performance by Stephanie Lawrence. **11.00** Vintage comedy from Messrs Barker and Corbett, with music by Barbara Dickson.
12.00 M'T **to 6.00** AM **The Two Ronnies**

+1hour 266 376

ID

154 140 166

8.00 AM **On the Case with Paula Zahn** Crime documentary.
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here: Shadows of Death**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here: Shadows of Death** A college freshman fails to return after a night out.
5.00 **Betrayed** Double bill.
7.00 **Where Murder Lies**
8.00 **Still a Mystery**
9.00 **Faking It: Tears of a Crime** Convicted murderer John Canaan becomes the prime suspect in a disappearance.
10.00 **The Murder of Arthur Labinjo-Hughes: A Faking It Special**
11.00 **The Murder Tapes**
1.00 AM **People Magazine Investigates** A serial killer operating in Washington, DC.
2.00 **Betrayed** Double bill.
4.00 **Where Murder Lies**
5.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Richard helps a friend fulfil a childhood dream.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Ant Anstead: Born Mechanic**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant finds a 1977 MG Midget 1500, just like the first car he restored as a teenager.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
1.00 AM **Richard Hammond's...**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.05 AM **Pets on a Train** Animation. (2025, PG, 87min) ★★★
7.35 **Sketch** As shown at 4.15pm.
9.15 **On Swift Horses** As 5.50pm.
11.25 **Nobody 2** As 8.00pm.
1.00 PM **Man Finds Tape** (2025)
2.30 **Icefall** As shown at 12.00m't.
4.15 **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
5.50 **On Swift Horses** Romantic drama with Daisy Edgar-Jones, Jacob Elordi and Will Poulter. (2024, 15, 119min) ★★★

8.00 Nobody 2

8.00 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. A former assassin takes his family on a holiday, but finds himself in the crosshairs of a bloodthirsty crime boss. (2025, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Jurassic World: Rebirth** Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Icefall** Thriller starring Joel Kinnaman. (2025, 15, 95min)
1.50 AM **Man Finds Tape** Horror. (2025, 15, 84min) ★★★★
3.25 **Adulthood** Comedy drama. (2025, 15, 97min) ★★★
5.10 **to 7.00** AM **Coyotes** Comedy thriller starring Justin Long. (2025, 15, 110min) ★★★

Sky Cinema Fun

303 303 403 503 517

6.00 AM **The Big Chill** As 4.20am.
8.00 **Napoleon Dynamite** (2004)
9.40 **Blades of Glory** As 4.45pm.
11.20 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
1.10 PM **The Hangover Part II** Comedy sequel. (2011, 15) ★★
2.55 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
4.45 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
6.25 **Big Daddy** Comedy. (1999, 12, 95min) ★★★

4.45 Blades of Glory

8.00 **Instant Family** Comedy drama starring Mark Wahlberg and Rose Byrne. A couple decide to adopt, but get more than they bargained for when they take in a rebellious teen and her two siblings. With Isabela Moner. (2018, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Jackass: The Movie** Slapstick comedy based on the cult MTV show, starring Johnny Knoxville. A group of men incite one another to perform a series of insane stunts. (2002, 18, 87min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Jackass Number Two** Comedy sequel. (2006, 18, 92min) ★★
1.05 AM **Jackass 3** Comedy sequel. (2010, 15, 93min) ★★
2.45 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
4.20 **to 6.10** AM **The Big Chill** Ensemble comedy drama. (1983, 15, 115min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.05 AM **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
7.50 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
10.15 **Full Metal Jacket** Stanley Kubrick's Vietnam War drama. (1987, 15, 115min) ★★★★
12.15 PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
2.25 **No Escape** Action thriller. (2014, 15, 101min) ★★★
4.15 **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
6.00 **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
8.00 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively and Justin Baldoni. (2024, 15, 125min) ★★★
10.15 **The Bridges at Toko-Ri** Korean War drama starring William Holden. (1954, U, 99min) ★★★
12.05 AM **An Officer and a Gentleman** Romantic drama. (1981, 15, 125min) ★★★★
2.15 **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★
4.00 **to 7.10** AM **Horizon: An American Saga – Chapter 1** Western. (2024, 15) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.35 AM **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
8.15 **Sick** Horror. (2022, 18) ★★★
9.55 **The Ritual** Horror starring Rafe Spall. (2017, 15, 94min) ★★★
11.45 **The Watched** Horror thriller. (2024, 15, 102min) ★★★
1.40 PM **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
3.30 **28 Years Later** Horror. (2025, 15, 115min) ★★★★
5.30 **Ready Player One** Fantasy. (2018, 12, 140min) ★★★★
8.00 **Speak No Evil** Horror thriller starring James McAvoy. (2024, 15, 110min) ★★★★
9.55 **Children of Men** Sci-fi thriller based on the novel by PD James, starring Clive Owen, Julianne Moore and Michael Caine. (2006, 15, 109min) ★★★★★
11.45 **Pet Sematary** Supernatural thriller based on Stephen King's novel, starring Dale Midkiff. (1989, 18, 103min) ★★★
1.30 AM **Wolf Man** Werewolf horror. (2024, 15, 103min) ★★★
3.20 **Men in Black 3** Sci-fi comedy sequel starring Will Smith. (2012, PG, 105min) ★★★★
5.05 **Sky Cinema Preview**
5.30 **to 7.15** AM **Dark Skies** Thriller. (2013, 15, 97min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.25 AM **Boonie Bears: Guardian Code** (2023, PG) ★★★
9.05 **Penguins of Madagascar** Animation. (2014, U) ★★★★
10.40 **Transformers One** Animation. (2024, PG, 104min) ★★★★
12.25 PM **The Emoji Movie** Animation. (2017, U, 83min) ★
2.00 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
4.00 **The Golden Compass** Fantasy. (2007, PG, 109min) ★★★
6.00 **The Smurfs 2** (2013, U) ★★

4.00 The Golden Compass

7.50 Harold and the Purple Crayon Family adventure starring Zachary Levi and Lil Rel Howery. (2024, PG, 87min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

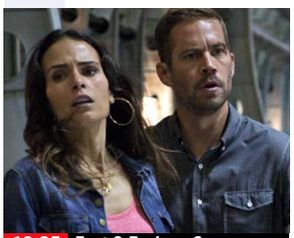
9.25 The Hobbit: The Desolation of Smaug Peter Jackson's fantasy adventure, the second part of his adaptation of JRR Tolkien's children's novel, starring Martin Freeman. Hobbit Bilbo Baggins and the company of dwarves continue their quest to reclaim the dwarves' lost kingdom. (2013, 12, 161min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
2.00 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
3.40 **Fox and Hare Save the Forest** Animated adventure. (2024, U, 71min) ★★★
5.00 **to 6.40** AM **Paul Blart: Mall Cop** Comedy. (2009, PG) ★

Sky Cinema Action

306 306 407 507 521

7.40 AM **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★
9.30 **Wrath of the Titans** Fantasy. (2012, 12, 99min) ★★
11.15 **Venom: The Last Dance** Fantasy. (2024, 15) ★★★
1.05 PM **Fast & Furious 5** Thriller sequel. (2011, 12, 130min) ★★★
3.20 **Fast & Furious Presents Hobbs & Shaw** Adventure. (2019, 12, 137min) ★★★
5.40 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★



10.25 Fast & Furious 6

8.00 The Amazing Spider-Man 2 Fantasy adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Fast & Furious 6 Action thriller sequel starring Vin Diesel. The gang of carjackers come out of retirement to stop a criminal mastermind from building a superweapon. (2013, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **William Tell** Historical drama starring Claes Bang. (2025, 15, 133min) ★★★
3.05 **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
5.10 **to 6.55** AM **Jackie Chan's Police Story** Comedy thriller. (1985, 15, 98min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **The Hangover Part III** Comedy sequel. (2013, 15) ★★
8.30 **Hope Springs** (2012, 12) ★★★
10.20 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
12.25 PM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
2.25 **Yesterday** (2019, 12) ★★★
4.25 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
6.10 **The Whole Nine Yards** Black comedy thriller. (2000, 15, 101min) ★★★

6.10 The Whole Nine Yards

8.00 Little Fockers Comedy sequel with Robert De Niro and Ben Stiller. A male nurse must prove to his father-in-law that he is worthy of taking his place as the family patriarch. (2010, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Daddy's Home 2 Comedy sequel starring Will Ferrell and Mark Wahlberg. Having settled their differences, Brad and Dusty must now deal with their intrusive fathers during the holidays. (2017, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **One More Shot** Comedy. (2025, 88min) ★★★
1.05 AM **The Phoenician Scheme** Comedy starring Benicio del Toro. (2025, 15, 101min) ★★★
2.50 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
4.35 **to 6.40** AM **The Intern** Comedy with Robert De Niro. (2015, 12, 121min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **Greedy People** (2024)
8.35 **Three Days of the Condor** Thriller. (1975, 15) ★★★★
10.35 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
12.15 PM **Cellular** Suspense thriller. (2004, 15, 94min) ★★★
1.55 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
3.50 **RocknRolla** Crime comedy thriller. (2008, 15, 110min) ★★
5.50 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★

8.00 The Firm

8.00 The Firm Legal thriller based on the John Grisham bestseller, starring Tom Cruise and Gene Hackman. An ambitious graduate joins a small Memphis law firm and discovers he is working for the Mafia. With Ed Harris and Jeanne Tripplehorn. (1993, 15, 155min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Sleepers** Fact-based drama starring Kevin Bacon, Robert De Niro, Dustin Hoffman, Jason Patric and Brad Pitt. (1996, 18, 146min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **Greedy People** Comedy thriller starring Himesh Patel. (2024, 15, 113min) ★★★★
3.10 **True Romance** Crime thriller scripted by Quentin Tarantino. (1993, 18, 118min) ★★★★
5.15 **to 7.00** AM **Sew Torn** Comedy thriller starring Eve Connelly. (2024, 15, 100min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Earth Vs the Flying Saucers** Sci-fi thriller. (1956, b/w, U, 83min) ★★★
12.55 PM **The Andromeda Strain** Thriller starring Arthur Hill. (1970, PG, 127min) ★★★★
3.35 **The Long Ships** Adventure. (1963, PG, 125min) ★★
6.20 **First Knight** Mythical drama with Sean Connery, Richard Gere and Julia Ormond. (1995, PG, 134min) ★★★

9.00 The Northman

First Knight (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 The Northman Historical adventure starring Alexander Skarsgård. Prince Amleth, the son of the murdered Viking King Aurvandill War-Raven, heads to Iceland to exact his revenge. With Nicole Kidman and Claes Bang. (2022, 15, 137min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.45 **Ravenous** Dark horror comedy starring Guy Pearce and Robert Carlyle. A cannibal runs amok in a remote 19th-century military outpost in the Sierra Nevada mountains. (1998, 18, 101min) ★★★
1.50 **to 3.35** AM **Transporter 2** Thriller sequel starring Jason Statham and Amber Valletta. (2005, 15, 88min) ★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Adventure

302 302 402 502 516

6.25 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
7.25 **DC Super Hero Girls: Legends of Atlantis** Animated adventure. (2018, PG, 75min) ★★★
8.45 **Super Charlie** Animation. (2025, PG, 82min) ★★★
10.15 **Spy Kids** As shown at 1.35am.
11.50 **Spy Kids 2: Island of Lost Dreams** As shown at 3.10am.

1.35 PM **Teenage Mutant Ninja Turtles: Out of the Shadows**
3.40 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★
5.45 **Shazam!** Comedy adventure. (2019, 12, 132min) ★★★★
8.00 **Sonic the Hedgehog 3** Fantasy adventure sequel starring Jim Carrey. (2024, PG, 110min) ★★★
9.55 **Teenage Mutant Ninja Turtles: Out of the Shadows** Adventure sequel. (2016, 12, 112min) ★★★

11.50 **Bookworm** Family comedy. (2024, 12, 103min) ★★★★
1.35 AM **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
3.10 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
4.55 **to 6.25** AM **Spy Kids 3: Game Over** (2003, U) ★★★

Sky Cinema Greats

307 307 404 504 518

6.35 AM **The Bridges at Toko-Ri** War drama starring William Holden. (1954, U, 99min) ★★★
8.30 **Hondo** Western adventure. (1953, PG, 84min) ★★★★
10.05 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
11.40 **Jurassic Park** SMonster thriller. (1993, PG, 127min) ★★★★★
1.50 PM **The Lost World: Jurassic Park** As shown at 10.10pm.

4.00 **Raiders of the Lost Ark** Steven Spielberg's adventure. (1981, PG, 115min) ★★★★★
6.00 **Indiana Jones and the Temple of Doom** Action adventure. (1984, PG, 118min) ★★★
8.00 **Indiana Jones and the Last Crusade** Adventure starring Harrison Ford and Sean Connery. (1989, PG, 127min) ★★★★★
10.10 **The Lost World: Jurassic Park** Steven Spielberg's adventure sequel starring Jeff Goldblum. (1997, PG, 129min) ★★★

12.20 AM **Interview with the Vampire** Horror. (1994, 18) ★★★★
2.25 **The Krays** British crime drama. (1990, 18, 119min) ★★★
4.25 **The Cinema List: British Women Directors**
4.45 **to 6.45** AM **Mars Attacks!** Sci-fi spoof. (1996, 12, 106min) ★★★★

Sky Cinema Animation

312 315 405 500 514

6.05 AM **Dragon Rider** Animation. (2020, PG, 91min) ★★★
7.40 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
9.20 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
11.10 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
12.50 PM **Fireheart** Animation. (2022, U, 92min) ★★★

2.25 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
4.00 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
5.40 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
7.15 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
9.05 **The Angry Birds Movie** Animation. (2016, U) ★★★
10.50 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★

12.40 AM **Scooby-Doo! The Sword and the Scoob** (2021, PG) ★★★
2.00 **Scarygirl** (2023, PG) ★★★
3.35 **Batman: Return of the Caped Crusaders** (2016, PG) ★★★★
5.00 **to 6.00** AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015) ★★★

Movies 24

315 313 419

7.00 AM **The Professional Bridesmaid** Romantic drama. (2023, PG, 90min) ★★
9.00 **Branching Out** Drama. (2024, PG, 90min) ★★
11.00 **A Harvest Homecoming** Drama. (2023, PG, 85min) ★★
1.00 PM **Love at the Christmas Market** Drama. (2023, PG) ★★
3.00 **Just in Time** Drama with Laura Osnes. (2024, PG, 90min) ★★

5.00 **For Love & Honey** Romantic comedy. (2024, U, 84min) ★★
7.00 **A Pinch of Portugal** Romantic drama with Heather Hemmens. (2023, PG, 84min) ★★
9.00 **Love Served Here** Romantic drama starring Eva Tavares. A chef tries to earn her boss's trust by betting she can turn around the worst restaurant in the city. (2023, PG, 84min) ★★
11.00 **Signed, Sealed, Delivered: A Tale of Three Letters** Mystery. (2024, PG, 90min) ★★

1.00 AM **Notes of Autumn** Romantic drama starring Ashley Williams. (2023, PG, 120min) ★★
3.00 **to 5.00** AM **Journey to You** Romantic drama starring Erin Cahill. (2025, PG, 84min) ★★

Movies 24+ 329 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 38/38. (S1)
6.30 **Jack the Giant Killer** Fantasy adventure. (1961, U, 94min) ★★
8.20 **To the Four Corners**
8.45 **The Switch** Crime drama. (1963, b/w, U, 69min) ★★★
10.10 **The Dark Eyes of London** Horror starring Bela Lugosi. (1939, b/w, PG, 76min) ★★★
11.40 **Four Star Theatre** 26/31. (S2)
12.10 PM **Richard the Lionheart** (S1)

12.40 **Small Hotel** (1957, b/w, U) ★★★
1.50 **Selsey Pavilion: The Journey So Far** Documentary.
2.20 **Night Boat to Dublin** Thriller. (1945, b/w, PG, 91min) ★★
4.15 **The League of Gentlemen** Crime comedy thriller. (1959, b/w, PG, 114min) ★★★★
6.30 **The Vise** 18/26. (S2)
7.00 **The Footage Detectives**
8.00 **Mother Love** 4/4. (S1)
9.10 **The Stranglers of Bombay** Adventure. (1959, b/w, 15) ★★★
10.50 **A Home for Max Miller**

11.50 **A Hole Lot of Trouble**
12.25 AM **What's On TPTV with Noel**
12.40 **Budgie** 3/13. (S2)
1.40 **Time Without Pity** Thriller. (1957, b/w, PG, 88min) ★★
3.25 **The Deep Blue Sea** Drama. (1955, b/w, PG, 100min) ★★★
5.30 **to 6.00** AM **Honey West**

Monday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news, with live analysis and comment.
3.00 LIVE **WTA & ATP Tennis** Coverage of the seventh day's play of the Miami Open, a hard-court tournament staged at Hard Rock Stadium in Miami Gardens, Florida, featuring women's fourth-round contests and men's third-round matches. Only one of the women's last-16 matches went into a third set at last year's event, as sixth seed Jasmine Paolini battled back from a set down to triumph 3-6 6-4 6-4 over Naomi Osaka, while the shock of the round saw unseeded Magda Linette defeat the number three seed and home favourite Coco Gauff 6-4 6-4. Meanwhile, Emma Raducanu secured her place in the quarter-finals of a WTA 1000 event for the first time in her career by beating Amanda Anisimova 6-1 6-3.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **Premier League Highlights**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **FNF** Action from Bournemouth v Manchester Utd.
12.30 PM **Premier League Highlights** Action from Fulham v Burnley.
1.00 **SNF** Recent highlights.
2.00 **Premier League Highlights** Newcastle United v Sunderland. **2.30** Aston Villa v West Ham. **3.00** Action from Tottenham Hotspur v Nottingham Forest. **3.30** Newcastle United v Sunderland at St James' Park. **4.00** Aston Villa v West Ham. **4.30** Action from Tottenham Hotspur v Nottingham Forest.
5.00 **The Premier League Show**
7.00 **Premier League Review**
8.00 **Ref Watch** Analysing decisions.
8.30 **The Big Interview** Granit Xhaka.
9.00 **Premier League Review** A look back at the weekend's action in the top flight.
10.00 **Ref Watch** Refereeing decisions.
10.30 **Premier League Stories**
11.00 **Premier League Years**
1.00 AM **PL Retro** Chelsea v Man United from the 2011/12 season.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **EFL Highlights**
9.00 **SPFL Highlights**
9.30 **EFL Highlights** Championship.
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **SPFL Highlights**
12.00 NOON **EFL Cup**
2.00 PM **EFL League One Goals**
2.30 **EFL League Two Goals**
3.00 **EFL Highlights** Championship.
4.00 **SPFL Highlights**
4.30 **EFL Highlights**
6.00 **SPFL Highlights**
6.30 **Bundesliga Highlights Show**
7.30 **EFL League One Goals**
8.00 **EFL League Two Goals**
8.30 **WSL** Brighton v Liverpool.
9.00 **SPFL Round-Up**
9.15 **SPFL Highlights**
9.30 **EFL Highlights** Sheffield United v Wrexham held at Bramall Lane. **9.45** Southampton v Oxford Utd. **10.00** Watford v Leicester City. **10.15** Action from Preston North End v Stoke City at Deepdale.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Championship play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Action from Delhi Capitals v Rajasthan Royals. **7.00** Highlights from Mumbai Indians v Sunrisers Hyderabad.
8.00 **IPL** A replay of Kolkata Knight Riders v Chennai Super Kings.
12.30 PM **Best of WT20**
1.00 **IPL** Another chance to see Mumbai Indians v Royal Challengers Bengaluru at Wankhede Stadium in Mumbai.
5.30 **Best of WT20** Highlights from memorable matches.
6.00 **IPL** Another chance to see Royal Challengers Bengaluru v Chennai Super Kings staged at M. Chinnaswamy Stadium, Bengaluru.
10.30 **Best of WT20** Archive action.
11.00 **IPL** Highlights from Mumbai Indians v Chennai Super Kings. **12.00** M'T Royal Challengers Bengaluru v Punjab Kings. **1.00** AM Chennai Super Kings v Kolkata Knight Riders. **2.00** Kolkata Knight Riders v Gujarat Titans at Eden Gardens. **3.00** Highlights from Chennai Super Kings v Mumbai Indians. **4.00** Kolkata Knight Riders v Sunrisers Hyderabad.
5.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

406 406 506 423 443

6.00 AM **DP World Tour Golf**
9.30 **PGA Tour Golf** Highlights.
2.30 PM **LPGA Tour Golf**
5.30 **Chronicles of a Champion Golfer** Louis Oosthuizen.
6.00 **HotelPlanner Tour Golf**
6.30 **Final Cut: The Life of Ryan**
7.00 **PGA Tour Golf** Action from day four of the Valspar Championship.
8.00 **PGA Tour Champions** Action from the James Hardie Pro Football Hall of Fame Invitational.
9.00 **TGL** Boston Common v Jupiter Links in the first semi-final. **11.00** Los Angeles v Atlanta Drive.
1.00 AM LIVE **TGL** Coverage of the opening match of the Finals Series at SoFi Center in Palm Beach.
3.00 **Playing Lessons**
4.00 **PGA Tour Golf** Houston Open.
5.00 **Mark Roe's Short Game School**
5.30 **to 6.00** AM **Golf Fitness Show**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA Tennis** Highlights of the Indian Wells Open women's final.
7.00 **WTA & ATP Tennis** Action from the sixth day of the Miami Open.
3.00 PM LIVE **WTA & ATP Tennis** Coverage of day seven of the Miami Open at Hard Rock Stadium in Miami Gardens, featuring women's fourth-round contests and men's third-round matches. Only one of the women's last-16 matches went into a third set at last year's event, as sixth seed Jasmine Paolini battled back from a set down to triumph 3-6 6-4 6-4 over Naomi Osaka, while the shock of the round saw unseeded Magda Linette defeat the number three seed and home favourite Coco Gauff 6-4 6-4. Meanwhile, Emma Raducanu secured her place in the quarter-finals of a WTA 1000 event for the first time in her career by beating Amanda Anisimova 6-1 6-3.
3.00 AM **WTA & ATP Tennis**
4.00 **ATP/WTA Tour Classic Matches**
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Review**
7.00 **Premier League Stories**
7.30 **Premier League: Big Interview**
8.00 **Premier League**
9.30 **Serie A** Football action from Italy.
11.30 **UEFA Champions League Magazine** News and updates.
12.00 NOON **Premier League Review**
1.00 PM **TNT Sports Cricket Reload**
1.15 **Men's Cycling Pro Series**
2.15 LIVE **Cycling** Coverage of the men's first stage of the Tour of Catalunya, a 172.2km route.
4.15 **Premier League Stories**
4.45 **Premier League Review**
5.45 **TNT Sports Cricket Reload**
6.00 LIVE **Ultimate Pool** Coverage from Group 1 of the Pairs Cup, as some of the country's leading eighthall players battle it out for places in the next stage.
9.30 **Snooker World Open** The final.
11.30 **Premier League Review**
12.30 AM **Premier League: Big Interview** With a top-flight player.
1.00 **Premier League Legends**
2.00 **UEFA Champions League – Stories of the Finals**
3.00 **Serie A** Football action from Italy.
5.00 **to 6.00** AM **Premier League Review**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** Action from the Grand Prix of Brazil.
9.30 **The Gallagher PREM** Highlights from Bath v Saracens. **10.30** Exeter Chiefs v Sale Sharks. **11.30** Harlequins v Gloucester. **12.30** PM Northampton Saints v Newcastle Red Bulls. **1.30** PM Highlights from Leicester Tigers v Bristol Bears.
2.30 **ABB FIA Formula E World Championship Highlights** Action from the Madrid E-Prix.
3.30 **UEFA Champions League Magazine** News and action.
4.00 **UEFA Champions League – Stories of the Finals** Ajax v AC Milan in 1995 and Bayern Munich v Valencia in 2001.
4.30 **MotoGP** Highlights from the Grand Prix of Brazil.
8.00 **The Gruppetto** Rob Hatch presents cycling news.
8.15 **Premier League** A chance to see Brighton & Hove Albion v Liverpool held at Amex Stadium.
9.45 **UFC** Another chance to see Lerone Murphy v Movsar Evloev.
12.45 AM **The Gallagher PREM**
5.45 **to 6.00** AM **The Gallagher PREM – The Wrap Up**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Wigan Warriors v St Helens from 2025. **9.00** Wakefield Trinity v Hull KR.
12.00 NOON **Good Morning Football**
2.00 PM **NFL Highlights** Detroit Lions v Tampa Bay Buccaneers **3.00** Action from Kansas City Chiefs v Houston Texans.
4.00 **NBA 80's** Featuring action from a classic NBA match.
4.30 **NBA 90's** Archive action.
5.00 **NFL Highlights** Washington Commanders v Seattle Seahawks.
6.00 **NBC's Pro-Football Talk**
8.00 **NBA Basketball** Los Angeles Lakers v Oklahoma City Thunder.
10.00 LIVE **NBA Basketball Miami Heat v San Antonio Spurs.** Coverage of the inter-conference match from Kaseya Center. Tip-off **11.00pm**.
1.30 AM LIVE **NBA Basketball Dallas Mavericks v Golden State Warriors.** Coverage of the Western Conference encounter staged at American Airlines Center. Tip-off **1.30am**.
4.30 **Super League Highlights**
4.45 **Super Bowl LX Bitesize Hlts**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC** Interactive show.
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
3.00 LIVE **WTA & ATP Tennis** Coverage of the seventh day of the Miami Open staged at Hard Rock Stadium in Miami Gardens, Florida, featuring women's fourth-round contests and men's third-round matches.
5.00 LIVE **Baller League** Coverage from the UK-based version of the six-a-side football league at Copper Box Arena in London.
11.00 LIVE **NBA Basketball Miami Heat v San Antonio Spurs.** Coverage of the inter-conference match from Kaseya Center. Tip-off **11.00pm**.
1.30 AM LIVE **NBA Basketball Dallas Mavericks v Golden State Warriors.** Coverage of the Western Conference encounter staged at American Airlines Center. Tip-off **1.30am**.
4.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **PL Retro** Bournemouth v Liverpool in the 2016/17 season.
9.00 **Men's T20 World Cup**
10.00 **TGL** Two match replays.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup** Action from West Indies v South Africa. **3.30** India v Zimbabwe.
4.00 **Formula 1** Chinese Grand Prix.
5.00 LIVE **Baller League** Coverage from the UK-based version of the six-a-side football league staged at Copper Box Arena in London.
11.00 **The Insiders** NFL news.
12.00 M'T **Tennis** Indian Wells Open.
1.00 AM **TGL** The Bay v Jupiter Links.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Snooker World Open**
8.00 **LIV Golf** From South Africa.
9.30 **Isuzu UTE A-League**
3.30 PM **Curling World Championship** The final of the women's tournament in Calgary.
5.30 **NWSL** Highlights from Racing Louisville FC v Washington Spirit. **6.30** Action from Chicago Red Stars v Kansas City Current.
7.30 **LIV Golf** Day four of the fifth round of the season in South Africa.
9.00 **Fishing: On the Bank** With Rob Hughes and Andy Ford.
10.00 **UEFA Champions League Magazine** News and action.
10.30 **Isuzu UTE A-League Highlights** The 22nd round.
11.00 **Ninja A-League Women Highlights** The 20th round.
11.30 **LIV Golf** Day four of the fifth round of the season in South Africa.
1.00 AM **Cycling** Tour of Catalunya.
2.00 **MotoGP** Grand Prix of Brazil.
5.30 **to 6.00** AM **MotoGP Films**

TNT Sports 4

414 416 524 411 434

6.00 AM **Women's Cycling**
7.00 **Men's Cycling** Milan San Remo.
8.00 **Men's Cycling Pro Series**
10.00 **International T20 Cricket**
11.00 **Women's T20 International Cricket** Recent highlights.
12.00 NOON **Snooker World Open**
2.00 PM **Premier League Legends**
2.30 **Alpine Skiing** In Lillehammer.
4.00 **The Gallagher PREM**
9.00 **The Gallagher PREM: Wrap Up**
9.15 **The Breakdown** Bristol Bears.
9.45 **TNT Sports Cricket Reload**
10.00 **Cycling** The Tour of Catalunya.
11.00 **The Gruppetto** Cycling news.
11.15 **ABB FIA Formula E World Championship Highlights**
12.15 AM **International T20 Cricket**
1.15 **Women's T20 International Cricket** Recent highlights.
2.15 **Alpine Skiing** In Lillehammer.
4.15 **TNT Sports Cricket Reload**
4.45 **The Gruppetto** Cycling news.
5.00 **to 6.00** AM **ABB FIA Formula E World Championship**

Premier Sports 1

419 551

6.00 AM **Motorsport** Killarney Rally.
7.00 **Eredivisie** Feyenoord v Ajax.
9.00 **Downhill Skateboarding**
9.30 **Top 14 Rugby Union** A replay of Bordeaux Begles v Toulouse.
11.30 **United Rugby Championship** Glasgow Warriors v Leinster.
1.30 PM **Downhill Skateboarding** Highlights from Costa Rica.
2.00 **NHL on the Fly** NHL news.
3.00 **LaLiga** Another chance to see Athletic Bilbao v Real Betis. **5.00** Barcelona v Rayo Vallecano.
7.00 **URC in 60** Highlights of the last round of the competition.
8.00 **LaLiga** Another chance to see Real Madrid v Atlético Madrid.
10.00 **F1H2O World Championships** A look back at the 2025 season.
10.30 **URC in 60** The last round.
11.30 **Top 14 Rugby Union**
1.30 AM **Motorsport** Valentino Rossi.
2.00 **NHL Specials** Florida Panthers.
3.00 **Argentine Primera**
5.00 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **Football's Greatest**
6.30 **NASCAR** The Goodyear 400.
10.30 **Bike World** Magazine.
11.00 **NASCAR O'Reilly Series** Action from Darlington Raceway.
2.00 PM **Temples of Sport**
2.30 **SPFL** Rangers v Aberdeen.
4.30 **Temples of Sport**
5.00 **NHL Ice Hockey** Washington Capitals v Colorado Avalanche.
7.00 **Eredivisie** Another chance to see Groningen v AZ Alkmaar.
9.00 **Football's Greatest**
9.30 **NHL Ice Hockey** A replay of Utah Mammoth v Los Angeles Kings.
11.30 LIVE **NHL Ice Hockey New York Rangers v Ottawa Senators.** Coverage of the Eastern Conference match staged at Madison Square Garden. Face-off **11.30pm**.
2.30 AM **NHL Specials**
3.00 **Temples of Sport**
3.30 **Top 14 Rugby Union**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** The Japanese Grand Prix from 2015 to 2018. **10.00** The Australian Grand Prix. **11.00** The Chinese Grand Prix.
1.00 PM **Formula 1** From 2025.
2.00 **Ferrari Challenge Europe**
3.00 **Formula 1** Australian Grand Prix. **4.00** The Chinese Grand Prix. **6.00** Japanese Grand Prix.
7.00 **Ferrari Challenge Europe** The Circuit Paul Ricard in Le Castellet.
8.00 **Formula 1** Australian Grand Prix. **9.00** The Chinese Grand Prix.
11.00 **Formula 1** Highlights of the 2025 Japanese Grand Prix.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

24 March

Evening Planner

Football

Women's Champions League
BBC2 & Disney+, kick-off 8pm
Defending champions Arsenal take on Chelsea in this quarter-final first leg.

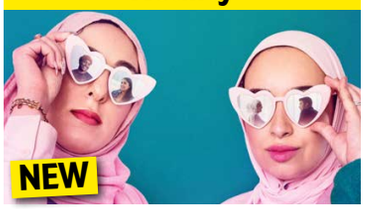
Drama

Power: The Downfall of Huw Edwards
5, 9pm
An unrecognisable Martin Clunes stars as the disgraced newsreader in this drama.

Crime Drama

Miss Scarlet
U&Alibi, 9pm (box set, Sky/Virgin/NOW)
The whodunnit returns for a penultimate series, and Eliza and Blake are taking steps forward in their relationship.

Reality



Muslim Matchmaker
BBC3, 9pm & 9.35pm (box set, iPlayer)
Professional matchmakers Hoda and Yasmin help Muslim Americans find true love, in this fly-on-the-wall series.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 MasterChef: The Professionals		10.00 News; Local News	10.40 Boarders †
102 BBC2	◂ 6.30 Great British...	7.30 UEFA Women's Champions League – Live: Arsenal v Chelsea (Kick-off 8.00)					10.00 Inside No. 9	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Bradley &...	8.00 Emmerdale	8.30 Coronation...	9.00 WhatsApp Obsession: The Murder of...		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 The Dog House		9.00 The Hunt: Prey vs Predator		10.05 Gogglebox	
105 5	7.00 Celebrity Puzzling		8.00 The Yorkshire Vet		9.00 Power: The Downfall of Huw Edwards			
106 SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs Shakespeare		9.00 The Dyers' Caravan Park		10.00 Ricky Gervais: Fame	
ENTERTAINMENT								
115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Muslim Matchmaker		10.10 The Trials of Pa Salieu	
116 BBC4	7.00 Fred Dibnah's...	7.30 Wainwright...	8.00 Keeping Up...	8.30 Sorry!	9.00 A History of Britain by Simon Schama		10.00 Storyville: Khartoum	
118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 Family Guy			
136 MORE4	◂ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 Great Estates from Above		10.00 24 Hours in A&E	
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Beyond Chelsea		10.05 First Dates: Celebrity Special for...	
107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 The Rookie		10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	◂ 6.45 Game of Thrones				9.00 I Hate Suzie			10.25 House of the...
110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey			10.15 Men Behaving Badly
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Endeavour	
120 ITV4	◂ 6.55 Sharpe				9.00 The 1% Club		10.00 Wrestling: AEW Collision	
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Paul			
145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 Whitstable Pearl				10.00 New Tricks	
109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 Miss Scarlet		10.00 Death in Paradise	
122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The Michelangelo Code: Secrets of the Sistine Chapel					10.20 Gene Kelly...
132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 One Born Every Minute			
DOCUMENTARY								
125 DISCOVERY	7.00 Wheeler Dealers				9.00 Gold Rush		10.00 Gold Rush: Mine Rescue with Freddy...	
162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 The Pool Master		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Planes that Changed History		9.00 Nazi Megastructures		10.00 Hitler's Last Stand	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Weird Britain		9.00 Britain's X Files		10.00 Secrets in the Sand	
155 U&YESTERDAY	7.00 Wilderness with Simon Reeve		8.00 Bangers & Cash				10.00 Bangers & Cash: Restoring Classics	
114 SKY DOCS	7.00 The Civil War		8.00 Murder at the Post Office					
FILMS – Sky Cinema								
301 PREMIERE	◂ 6.30 Man Finds Tape		8.00 Nobody 2			9.35 On Swift Horses		
302 ADVENTURE	◂ 6.15 The Wild Robot		8.00 Spider-Man: Into the Spider-Verse				10.00 Ready Player One	
303 FUN	◂ 6.25 Daddy Day Care		8.00 How to Lose a Guy in 10 Days				10.00 Two Weeks Notice	
307 GREATS	◂ 6.00 Ghostbusters		8.00 Ghostbusters II			9.50 Blade Runner		
312 ANIMATION	◂ 5.45 Shrek the...	7.30 Despicable Me 4			9.15 Corpse Bride			
304 FAMILY	◂ 6.00 The Hobbit: The Battle of the Five Armies			8.25 Scooby-Doo			9.55 Lemony Snicket's A Series of Unfortunate...	
306 ACTION	◂ 6.00 Bumblebee		8.00 Batman & Robin					10.10 Mission: Impossible – Final...
308 COMEDY	◂ 6.10 School of Rock		8.00 Ted 2				10.00 Mean Machine	
309 THRILLER	◂ 6.10 Layer Cake		8.00 Vanilla Sky					10.20 True Romance
310 DRAMA	◂ 5.50 Cookster: The Darkest Days		8.00 An Officer and a Gentleman				10.05 Birdy	
311 SCI-FI	◂ 6.00 Annabelle: Creation		8.00 Edge of Tomorrow				10.00 Mickey 17	
313 FILM4	◂ 6.45 Gemini Man				9.00 Theater Camp			
SPORT								
401 MAIN EVENT	◂ 3.00 Tennis – Live: The Miami Open							
402 PREMIER LEAGUE	7.00 Netbusters	7.30 Big Interview	8.00 PL Review		9.00 Netbusters	9.30 Big Interview	10.00 PL Review	
403 FOOTBALL	7.00 EFL Highlights		8.00 Bundesliga Highlights Show		9.00 EFL Highlights	9.30 EFL Goals		10.30 SPFL Round-Up
405 CRICKET	◂ 6.00 IPL							10.30 Best of ICC...
410 TNT SPORTS 1	7.00 LIV Golf		8.00 T100 Triathlon World Tour Highlights		9.00 ABB FIA Formula E World Championship Highlights			10.15 UEFA Champions League...
411 TNT SPORTS 2	◂ 6.30 The Gallagher PREM			8.30 MotoGP				

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** New edition From Norfolk. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Just One Thing** New edition 2/12. Roman Kemp shows a couple the benefits of dance. (S)(AD)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** New edition From Devon. (S)
3.45 **The Repair Shop on the Road** New edition Restoring a guitar. (S)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 MasterChef: The Professionals

7 PM

7.00 The One Show Alex Jones and JB Gill present the topical show. (S)

7.30 EastEnders Bea's emotions get the better of her, Zoe is blindsided, while the Panesars and the Brannings try to bond. (S)(AD)

8 PM

8.00 Sort Your Life Out with Stacey Solomon New edition 3/6. The team are in the Midlands to help two dads transform their three-bedroom semi, which is packed with toys belonging to their five-year-old daughter. (S)(AD)

9 PM

9.00 MasterChef: The Professionals New edition 20/21. The finalists are sent to Brunico in the Italian province of South Tyrol, where Norbert Niederkofler welcomes them to his restaurant. (S)(AD)
■ Concludes on Thursday

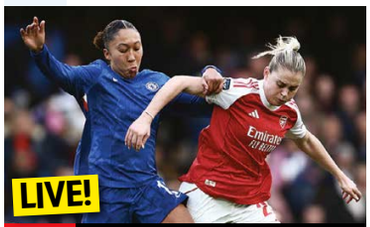
10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 Boarders 3/6. Femi is feeling the pressure as he tries to make a good impression with Cheddar's dad, who gives him a daring proposal – but Pixie proves very distracting. (S3) (S)(R)(AD)
11.25 **Boarders** 4/6. It's the day of the election, and Femi prepares to take on Cheddar. With a lot riding on his success, Femi recruits the help of a reluctant Toby. (S3) (S)(R)(AD)
12.10 AM **NEW TO BBC1 The Trials of Pa Salieu** Following the British-Gambian musician as he attempts to rebuild his life and career after prison. *Previously on BBC3.* (S)(AD)
12.55 **Weather for the Week Ahead** (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.00 AM **Just One Thing** (S)(R)(AD)
6.30 **The Repair Shop on the Road** (R)
7.15 **Bargain Hunt** (S)(R)(AD)
8.00 **Sign Zone: Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **The Tournament** Quiz. (S)(R)
2.30 **Chess Masters: The Endgame** (R)
3.00 **Clive Myrie's Italian Road Trip** (R)
3.30 **Serengeti** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** From Knebworth House. (S)(R)
5.15 **Flog It!** (S)(R)
6.00 **Richard Osman's House of Games** New edition Quiz. (S)
6.30 **Great British Menu** New edition Four chefs from north east England and Yorkshire serve canapes, starters and fish dishes. (S)(AD)



7.30 Women's Champions League

7.30 LIVE Football: Women's Champions League Arsenal v Chelsea: All the action from the quarter-final first-leg tie at the Emirates Stadium. The Gunners are the reigning champions and are appearing in a record 17th quarter-final, and progressed to this round after beating Belgian side OH Leuven 7-1 on aggregate in the play-off round. The Blues finished in the top four of the table in the league phase so qualified automatically for the last eight, and will hope to continue their streak of having won all of their previous six quarter-final appearances in this competition. Kick-off is at 8.00. (S)

10.00 Inside No. 9 *Wuthering Heist:* 1/6. Steve Pemberton and Reece Shearsmith's dark comedy. A group of incompetent criminals plan a robbery (S6) (S)(R)(AD)
10.30 Newsnight (S)
11.00 **Forensics: The Real CSI** 4/5. West Midlands and Cumbria Police join forces to find forensics that they hope will take down a gang of ATM thieves who have been attacking cashpoints. (S)(R)(AD)
12.00 M'T **Hostage** 3/3. (S)(R)(AD)
1.00 AM **Sign Zone: The Apprentice** (R)
2.00 **Sign Zone: The Apprentice: Unfinished Business** (S)(R)(AD)
2.35 **Sign Zone: Inside the Rage Machine** Documentary. (S)(R)(AD)
3.35 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity special, with Jenny Ryan, David Baddiel and Hollie Arnold trying to guess well-known phrases to win £50,000 for charity. (S)(R)(AD)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 WhatsApp Obsession

7.30 Bradley & Barney Walsh: Breaking Dad 2/6. The duo's driving skills are tested when they experience real-life *Tokyo Drift,* and Brad makes a bid for redemption by attempting a stomach-churning bungee jump. (S)(R)(AD)

8.00 Emmerdale Cain explodes with suppressed rage, Tracy feels guilty, while Dawn questions Kim. (S)(AD)
8.30 Coronation Street Mal tells Lisa that he's had a memory flashback and knows who attacked him. (S)(AD)

9.00 NEW WhatsApp Obsession: The Murder of Stephanie Hansen Documentary about a 39-year-old woman who was stabbed to death in 2022 by her housemate who had an obsession with her. (S)(AD)

10.00 ITV News (S)
10.30 Local News (S)
10.45 Who Wants to Be a Millionaire? Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)(R)
11.45 **Sorry, I Didn't Know** 2/5. Jimmy Akingbola hosts as Ola Labib, Nadia Jae, Marcus Brigstocke and Richie Anderson join team leaders Chizzy Akudolu and Eddie Kadi. (S)(R)
12.10 AM **Teleshopping**
3.00 **For the Love of Dogs with Alison Hammond** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jeremy Pang's Hong Kong Kitchen** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 23-25/28. (S11) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 16-19/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **Matt Baker: Our Farm in the Dales** 3/6. Documentary. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition From Optimal Apartments, Bradford. (S)
5.30 **Come Dine with Me** New edition Peppe hosts an authentic Italian night on the second evening. (S)
6.00 **A Place in the Sun: What Happened Next?** New edition Jean Johansson catches up with a family in Cyprus. (S)

6.00 A Place in the Sun: What...

7.00 News (S)

8.00 The Dog House New edition Corina and Honey the cavapoo get off to a shaky start, but Honey has a trick or two to turn things around. Football-mad Josh hopes Ruby the Staffy could be his perfect team-mate. (S)(AD)

9.00 The Hunt: Prey vs Predator New edition 3/9. Eight contestants remain – and one decides the time has come to abandon their role as underdog. As fortunes flip in the forest, a dramatic twist puts even the strongest in peril. (S)(AD)

10.05 Gogglebox The armchair critics share their opinions on *Married at First Sight Australia*, *Pangolin: Kulu's Journey*, *The Honesty Box*, *Silence Is Golden* and *Good Luck to You, Leo Grande*. (S)(R)(AD)
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.10 AM **Britain's Most Expensive Houses** (S)(SL)(R)(AD)
1.05 **Ramsay's Hotel Hell** 2/2. From West Virginia. (S)(SL)(R)(AD)
1.55 **The Hunt: Prey vs Predator** (S)(R)
2.50 **The Last Leg** (S)(SL)(R)(AD)
3.40 **Kirstie's House of Craft** (S)(R)
3.55 **George Clarke's Old House, New Home** (S)(SL)(R)(AD)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Murder Most Puzzling** 2/3. Cora interviews a prisoner who was found guilty of murdering his ex-girlfriend, but claims he was set up. (S1) (S)(R)(AD)
5.00 **News** (S)
6.00 **Love Nature** New edition A look at the towering Coastal Redwoods of Mid-Wales. (S)
6.05 **Susan Calman's Grand Day Out** The comedian returns to the Lake District, with her latest adventure beginning on Coniston Water. (S)(R)
6.55 **News** (S)

8.00 The Yorkshire Vet

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts, with Charlene White and Joe Pasquale joining team captains Sally Lindsay and Carol Vorderman. (S)
7.55 **News** (S)

8.00 **The Yorkshire Vet** New edition A puppy born during the Thirsk practice's first ever operation is now expecting a litter of her own, which turns into another emergency surgery for Julian Norton and his team. (S)

9.00 NEW **Power: The Downfall of Huw Edwards** Drama exploring the events that led to the newsreader's criminal convictions. Stars Martin Clunes and Osian Morgan. *See feature, p11.* (S)

10.50 **Call the Bailiffs: Time to Pay Up** In the south east of England, agents Mark and Sam are on the trail of a debtor who owes more than £20,000 for an unpaid invoice. (S)(R)

11.50 **Rogue Claimers** (S)(R)
12.45 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.30 **Killer on the Run** Series finale 10/10. How Larry Gene Bell killed 17-year-old Shari Smith and taunted her family. (S)
3.20 **A&E After Dark** (S)(R)
4.10 **Friends** (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S2) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Global Adventure: The Rise of Nature** Documentary. (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S14) (S)(R)
3.00 **S.W.A.T.** 21/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 18/28. A mystery woman catches Michael's eye while he is giving blood. (S)(R) **6.30** 19/28. Michael's idea to use 'golden tickets' as prizes for clients causes a problem in the office. (S5) (S)(R)

9.00 The Dyers' Caravan Park

7.00 **The Simpsons** *Homer v Lisa and the Eighth Commandment:* Lisa is shocked by Homer's ploy to get illegal cable TV. (S)(R) **7.30** *Bart's Dog Gets an F:* Bart attempts to train Santa's Little Helper. (S)(R)

8.00 **Rob & Romesh vs Shakespeare** The comedians prepare to perform in *Romeo and Juliet* at Shakespeare's Globe, with advice from actors Jessie Buckley and Martin Freeman. (S)(R)(AD)

9.00 **The Dyers' Caravan Park** Series finale *Home Truths:* 6/6. Danny and Dani reflect on their first season at the park, as well as discovering issues with the local water and racing to complete their playground plans.

10.00 **Ricky Gervais: Fame** Highlights of the comedian's stand-up show, the fastest-selling comedy tour in UK history, in which he tackles the world of fame and blurs the line between the acceptable and the outrageous. (S)(R)

11.30 **Ted** 5/8. John and Ted audition for the school play. (S)(R)(AD) **12.15** AM 6/8. Blaire finds herself navigating an unexpected pregnancy. (S2) (S)(R)(AD)
1.00 **Grimm** 21/22. An attack on a farmer's horses puts Hank and Nick on the trail of the legendary Bigfoot. (S1) (S)(R)
2.00 **Police 24/7** (S)(R)
3.00 **Hawaii Five-0** (S1) (S)(R)
4.00 **S.W.A.T.** 21/22. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **10.40** Ultras (R) **11.25** Boarders (S)(R)(AD) **12.55am** Scotcast (S)(R) **1.25** The Trials of Pa Salieu (S)(R)(AD) **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Greatest Gardens with Diarmuid Gavin and Carol Klein (S)(R)

WALES
Sky 968, Freesat 968
1.45pm First Minister's Questions (S) **2.45** The Tournament (S)(R) **3.30** Chess Masters: The Endgame (S)(R) **4.00-4.30pm** Clive Myrie's Italian Road Trip (S)(R)

ITV1

As main ITV1 except:

WALES
10.45-11.45pm Sharp End: Political discussion. (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Byd o Liw: Arlunwyr **1.30** Cefn Gwlad (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Busnes Bwyd **4.00** Awr Fawr **5.00** Stwnsh **6.00** Neges Olaf Mike Peters **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Rownd a Rownd (AD) **8.55** Newyddion a'r Tywydd **9.00** Cariad Heb Ffiniau: Poliamori New edition **10.00** Clwb Rygbi: Super Rygbi Cymru **10.30** Colli Cymru I'r Môr **11.30pm-12.05am** Y Fets (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall searches for Earth's most dangerous animals.
8.00 **Top Gear** Actor Sienna Miller is the Star in a Reasonably Priced Car.
9.00 NEW SERIES **Muslim Matchmaker** 1/8. Hoda Abrahim and Yasmin Elhady help Muslim American singletons to find their soulmates. **9.35** New edition 2/8. Sparks fly between Mariam and her match. ■ Entire series on BBC iPlayer
10.10 NEW **The Trials of Pa Salieu** Following the British-Gambian musician as he attempts to rebuild his life and career after prison.
10.55 **P Diddy: The Rise and Fall** Yinka Bokinni investigates the downfall of the hip-hop mogul.
11.55 **Boarders** 3&4/6. (S3)
1.30 AM **The Trials of Pa Salieu** As 10.10pm.
2.15 **Press X on the BBC**
2.25 **to 3.55** AM **Film Club**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Fred Dibnah's Magnificent Monuments** The development of castles.
7.30 **Wainwright Walks: Coast to Coast** Exploring the landscape of Swaledale.
8.00 **Keeping Up Appearances** Hyacinth and Richard attend a family christening.
8.30 **Sorry!** Timothy plans to leave home, but his mother disapproves of his decision.
9.00 **A History of Britain by Simon Schama** A profile of King Edward I, nicknamed the Hammer of the Scots.
10.00 NEW **Storyville: Khartoum** Following five Khartoum residents who fled their country due to the ongoing Sudanese civil war.
11.20 **The Girl Who Talked to Dolphins** Documentary.
12.20 AM **The Unseen Alistair Cooke** Documentary.
1.20 **Fred Dibnah's Magnificent Monuments**
1.50 **Wainwright Walks: Coast to Coast** As 7.30pm.
2.20 **to 3.40** AM **Storyville: Khartoum**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend Tim Shaw visit Manchester to pick up a 1978 Bedford HA ice-cream van. **5.50** Fuzz and Tim secretly restore a Mk 3 Ford Cortina.
6.50 **Location, Location, Location** Kirstie and Phil go house-hunting in Amersham and Berkshire.
7.55 **Kirstie and Phil's Love It or List It** The duo meet Amber and Martin in Waterbeach, Cambridgeshire, who are undecided on whether they should sell their home or renovate it.
9.00 **Great Estates from Above** 1/4. Using drone and aerial photography to reveal Britain's historic properties from a new perspective, capturing the architecture and gardens in great detail, beginning with Blenheim Palace in Oxfordshire.
10.00 **24 Hours in A&E** Patients include a barman who was left with a fractured eye socket after a night out.
11.05 **24 Hours in A&E**
12.10 AM **Great Estates from Above** As 9.00pm.
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Strangers on a Plane**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight...**
11.45 **First Dates**
12.50 PM **Ramsay's Kitchen Nightmares USA**
1.50 **The Simpsons**
2.50 **Modern Family**
3.15 **Married at First Sight Australia** Reality series.
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** Friends gather to support Diane and Tony.
7.30 **Married at First Sight Australia** New edition The brides are still divided over Stella and Brook's fallout as Intimacy Week kicks off.
9.00 NEW SERIES **Beyond Chelsea** 1/2. Cameras follow *Made in Chelsea* veterans.
10.05 **First Dates: Celebrity Special for SU2C** A special edition in which singletons head to the restaurant unaware that some of the dates will be famous faces.
11.10 **Naked Attraction**
12.15 AM **Gogglebox**
1.20 **Married at First Sight Australia** As 7.30pm.
2.45 **Beyond Chelsea**
3.35 **The Simpsons**
4.20 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride: Revisited**

+1 hr 235/236 306 30 123 256

Tuesday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Brit Cops: Rapid Response**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 9/22. (S7)
1.00 PM **The Rookie** 9/14. A baby is stolen from a hospital. **2.00** 10/14. Harper and Nolan respond to a bank robbery in progress. (S3)
3.00 **Law & Order: Criminal Intent** 11/21. A high-school basketball star is killed. (S3)
4.00 **Nothing to Declare**

9.00 The Rookie

7 PM
7.00 **Police 24/7** An edition focusing on firearms, revealing how dealing with guns are part of the job for law enforcement.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **The Rookie** New episode *Burn 4 Love:* 6/18. The team hunt for an arsonist on Valentine's Day. (S8)

10 PM
10.00 **Law & Order: Special Victims Unit** *Marauder:* 12/13. Agent Sykes struggles to cope on the anniversary of her sister's disappearance. (S25)
11.00 **The Rookie** 7/18. (S7)
12.00 M'T **FBI** 5&6/22. (S7)
2.00 AM **Matlock** 6/19. (S1)
3.00 **Doc** 12/22. (S2)
4.00 **Highway Cops**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Game of Thrones** (S6)
1.10 PM **Game of Thrones** 7/10. Arya makes a plan. **2.10** 8/10. Tyrion's plans finally start to bear fruit. **3.15** 9/10. Davos loses something dear, while Ramsay plays a game. **4.20** 10/10. Walder Frey and Jaime celebrate. (S6) **5.35** 1/7. The Night King makes his way south. **6.45** 2/7. Daenerys receives an unexpected visitor. (S7)

9.00 I Hate Suzie

7.50 **Game of Thrones** *The Queen's Justice:* 3/7. Jon and Daenerys meet, Cersei gains a new ally, Sansa receives a visitor and Sam is confronted for his actions. (S7)

9.00 **I Hate Suzie** *Anger:* 7/8. Naomi and Suzie cross paths with Carter's wife. **9.40** *Acceptance:* 8/8. Suzie decides to take control of her life. (S1)
10.25 **House of the Dragon** *The Princess and the Queen:* 6/10. Daemon and Laena consider an offer. (S1)
11.40 **House of the Dragon** 7/10. King Viserys calls for an end to infighting. **12.50** AM 8/10. Rhaenyra tries to strike a deal with Rhaenys. **2.05** 9&10/10. (S1)
4.30 **In Treatment** (S2)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.20 **Real Housewives of Atlanta**
11.15 **Real Housewives of Beverly...**
12.10 PM **Ant & Dec's Limitless Win**
1.10 **Wheel of Fortune**
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Atlanta**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

7.00 **Wheel of Fortune** Graham Norton hosts as contestants compete for the chance to spin the wheel and win big money.

8.00 **Ant & Dec's Limitless Win** Featuring a couple who are playing for an early retirement and two football team-mates.

9.00 **Family Guy** 3/20. Chris helps Stewie retrieve his stolen Halloween candy. **9.30** 4/20. Peter recreates iconic 1980s films. (S20)

10.00 **Family Guy** 14/20. Quagmire gets obsessed with dating apps. (S15) **10.30** 13/20. Stewie and Brian investigate murders in Victorian London. (S16)
11.00 **Family Guy** 12/23. (S10)
11.30 **American Dad!** (S17&16)
12.35 AM **Bob's Burgers** (S14)
1.30 **Piglets** 2/6. (S1)
2.00 **Plebs** 1/8. (S3)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.40 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.20 PM **Midsomer Murders** *Sins of Commission:* A prize-winning author is murdered.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Face Value:* A CND rally at the Early Warning Installation creates chaos in Aidensfield.

5.50 Heartbeat

6.55 **Heartbeat** *Outsiders:* Village life is disrupted by a circus family who are accused of corrupting the vicar's daughter.

8.00 **Vera** *Parent Not Expected:* The DCI must unravel a web of deceit between two wildly different families when a 19-year-old man's body is washed up on the shore of a salmon farm.

10.00 **Endeavour** *Canticle:* The detective investigates the death of a bricklayer working on a controversial singer's house.
11.50 **A Touch of Frost** *Held in Trust:* Jack is tipped for promotion and finds he has a secret admirer, but a child murder and news of a paedophile on his patch ruin the copper's mood.
1.55 AM **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
7.55 **Magnum, PI**
9.00 **Kojak**
10.00 **Boon**
11.15 **The Sweeney**
12.20 PM **Dempsey and Makepeace**
1.25 **Magnum, PI**
2.25 **Kojak**
3.30 **Boon**
4.40 **The Sweeney** *Bait:* The supposed victim of a road accident proves to be a villain.
5.45 **Minder** *What Makes Shamy Run?* Counterfeit notes bring Chisholm to the Winchester.

3.30 Boon

6.55 **Sharpe** *Sharpe's Eagle:* 2/2. The officer tries to capture a jealously guarded battlefield prize – a French eagle standard touched by the hand of Napoleon himself. Stars Sean Bean and Daragh O'Malley. (S1)

9.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

10.00 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **Dark Side of the Ring** 2/2. A look into Brian Pillman's untimely death.
12.55 AM **Auf Wiedersehen, Pet**
1.55 **Minder**
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Harbour** The ferry sets sail for Orkney and Shetland.
8.00 **This Farming Life** New edition 5/12. Callum and Zara believe their newborn lambs are vulnerable to bird attacks.
9.00 **Ultras** New edition 2/3. The documentary explores what happens when spectacle spills over into disorder.
9.45 **The Beauty Queen and the Catfish** 2/3. Abbie Draper takes her findings to the police.
10.30 **Our Lives: The Haggis Hunters** Following four families as they prepare to compete in the World Haggis Championships in Perth.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Not Your Average Family**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sex and the City**
1.05 PM **Sex and the City**
5.20 **Sex and the City** 3/8. The girls join Richard on a trip to Atlantic City. **5.55** 4/8. Samantha takes action and creates a new look for Carrie. **6.30** 5/8. Carrie's book-launch party approaches. **7.05** 6/8. Charlotte decides it is time to bring out the big guns in her legal battle. **7.45** 7/8. Carrie visits San Francisco to promote her new book. **8.25** 8/8. A surprise wedding gives Carrie food for thought. (S5)
9.00 **Saturday Night Live UK** 1/6. Comedy sketch show based on the long-running US programme.
10.15 **Sarah Silverman: We Are Miracles** Stand-up.
11.15 **Sex and the City** (S1)
12.45 AM **Ballers** (S2)
2.00 **Barry** 3-5/8. (S2)
3.50 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Cirque du Soleil: Volta** A production based on extreme sports.
8.10 **Watercolour Challenge**
9.05 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Laurie Lee: The Lost Interview**
3.00 **The Art Mysteries**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The Michelangelo Code: Secrets of the Sistine Chapel**
10.20 **Gene Kelly: An American in Hollywood**
11.35 **Accelerate or Die!**
12.55 AM **Blind Eye Artist**
2.35 **The World in a Painting: Ingres' Diamond**
3.50 **The Art of Architecture**
4.50 **Arts Uncovered**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 7/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 8/26. (S1)
8.00 **Nothing to Declare**
9.00 **Fire Country** *Two Pink Lines:* 12/22. (S1)
10.00 **FBI: International** (S1)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warrior** 1/10. (S3)
1.10 AM **The Force: Manchester**
2.05 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable for Soccer Aid**
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Ash tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Wheel of Fortune** Graham Norton hosts as an accountant, a primary school teacher and a care home assistant try to win a potential jackpot of £50,000.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable for Soccer Aid** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

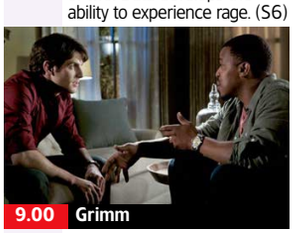
9.00 AM **Location, Location, Location** From Devon.
10.00 **Renovation Rescue**
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From France.
1.00 PM **A Place in the Sun**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **George Clarke's Amazing Spaces**
7.00 **Inside the World's Most Luxurious Motorhomes**
8.00 **Batch from Scratch**
9.00 **The Great Celebrity Bake Off for SU2C**
10.20 **Jon Richardson: Old Man Tour** Stand-up.
11.25 **Sean Lock: Keep It Light**
12.25 AM **Open House: The Great Sex Experiment**
1.25 **Confessions of a Cam Girl** Documentary.
2.25 **Gogglebox** Double bill.
4.25 **to 5.00** AM **A Place in the Sun**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 26/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 1/26. (S7)
2.00 **Warehouse 13** (S1&2)
4.00 **Stargate SG-1** 19/22. (S3)
5.00 **Star Trek: Voyager** 3/26. Kim and Paris are imprisoned. (S3)
6.00 **Star Trek: The Next Generation** 26/26. Part one of two. Data develops the ability to experience rage. (S6)


9.00 Grimm

7.00 **Star Trek: Deep Space Nine** *Image in the Sand:* 1/26. Part two of three. Captain Sisko meets a figure from the past. (S7)

8.00 **Stargate SG-1** *New Ground:* 19/22. The team members become pawns in an ideological war. (S3)

9.00 **Grimm** *Beeware:* 3/22. A female lawyer is found dead on a bus, having been injected with a fatal overdose of bee venom.

10.00 **Grimm** *Lonelyhearts:* 4/22. A woman is struck by a car while suffering hallucinations. (S1)

11.00 **The Walking Dead** 2/6. (S1)
12.00 M'T **Warehouse 13** 13/13. MacPherson plans to secretly sell Warehouse artefacts. (S1) **1.00** AM 1/13. Pete and Myka visit London to gather clues about MacPherson's plan. (S2)
2.00 **The Walking Dead** 2/6. (S1)
3.00 **Reginald the Vampire** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 14/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S2)
1.00 PM **Death in Paradise** (S8)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 14/23. (S1)
5.00 **Hudson & Rex** 3/16. Donovan asks Charlie to spy on his daughter. (S1)
6.00 **My Life Is Murder** 2/10. The investigation into the death of a surfing champion takes Alexa to an old childhood haunt. (S2)

9.00 Miss Scarlet

7.00 **Father Brown** *The Dance of Death:* The sleuth uncovers a secret when a contestant is murdered at a dancing competition.

8.00 **Death in Paradise** *Murder on the Honore Express:* 1/8. A bus passenger is stabbed – but no one else saw it happen. (S8)

9.00 **NEW SERIES Miss Scarlet** *Secrets and Lies:* 1/6. Return of the crime drama starring Kate Phillips. (S6) ■ Entire series on Box Sets

10.00 **Death in Paradise** *Now You See Him, Now You Don't:* 8/8. A blind actor is the only witness to her husband's murder. (S9)

11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise**
1.00 AM **My Life Is Murder**
2.00 **We Hunt Together** 3/6. The hunt for serial killer the Birdman intensifies. (S2)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.15 **Are You Being Served?**
9.55 **Last of the Summer Wine**
11.15 **Dad's Army**
11.55 **Porridge**
12.30 PM **Keeping Up Appearances**
1.10 **The Green Green Grass**
1.50 **Dad's Army**
2.30 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.25 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 Gavin & Stacey

7.00 **Porridge** Fletcher takes on the role of agony aunt for the prison inmates.
7.40 **Dad's Army** The platoon try to raise money for the local Spitfire fund.
8.20 **Are You Being Served?** An invitation from Mr Lucas to Miss Brahms is given to the wrong person.

9.00 **Gavin & Stacey** First episode of the comedy starring Mathew Horne and Joanna Page. **9.35** Dawn and Pete join Pam and Mick for a beer and curry night.
10.15 **Men Behaving Badly** Tony returns has grown an ill-advised beard.
10.50 **Harry Enfield and Chums** Comedy sketches.

11.30 **Gavin & Stacey** Double bill.
12.40 AM **Men Behaving Badly**
1.15 **Hi-de-Hi!**
1.55 **Harry Enfield and Chums**
2.40 **Don't Wait Up**
3.10 **to 4.00** AM **Ghosts**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Dave Gorman: Modern Life Is Goodish**
8.00 **Cops on the Rock**
10.00 **Railroad Australia**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Celebrating beer and cider.
6.00 **Rick Stein's Mediterranean Escapes** Rick experiences the fish market in Catania, Sicily.

6.00 Mediterranean Escapes

7.00 **Would I Lie to You?** With guests Bez, Motsi Mabuse, Shazia Mirza and Steve Pemberton.
7.40 **Richard Osman's House of Games** With Alex Jones and Rob Rinder. **8.20** With Steve Cram, Lloyd Griffith, Jeanette Kwakye and Josie Long.

9.00 **Have I Got a Bit More News for You** Jason Manford hosts the quiz, with guests Glenn Moore and Jess Phillips MP.

10.00 **QI XL** Guests Aisling Bea, Urzila Carlson and Romesh Ranganathan join regular Alan Davies and host Sandi Toksvig.

11.00 **Taskmaster** The comedians go undercover as they try to impress Greg Davies.
12.00 M'T **Mock the Week** With guests Josh Widdicombe and Romesh Ranganathan.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Hypothetical**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.45 **The Bill**
8.40 **Doctors**
9.55 **Classic Holby City**
10.55 **Classic Casualty**
12.00 NOON **The Bill**
1.00 PM **Classic EastEnders**
2.15 **All Creatures Great and Small** James and Helen get ready to move to Rowangarth.
3.15 **Howards' Way**
4.25 **Shakespeare & Hathaway: Private Investigators**
5.25 **Birds of a Feather**
6.00 **Last of the Summer Wine**

8.00 Whitstable Pearl

7.20 **Last of the Summer Wine** After suffering a brush with Stella, Hobbo resolves to find her a man.

8.00 **Whitstable Pearl** *Walking with Ghosts:* 5/6. A ghost tour guide witnesses a body being buried on the beach.

9.00 **Whitstable Pearl** *Someone Like Me:* 6/6. A taxi driver turns up dead with a bullet through his head. (S3)

10.00 **New Tricks** *Congratulations:* A man wrongly convicted of arson enlists Halford's help in finding the culprit.

11.00 **The Inspector Lynley Mysteries** *A Traitor to Memory:* A woman is killed in a hit-and-run incident.
1.00 AM **All Creatures Great and Small** Rural drama.
2.15 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60 260

Tuesday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 2-4/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *One Last Score:* 17/24. The agents learn one of their old assistants has been murdered. **7.00** *Out of the Frying Pan:* 18/24. Gibbs questions a man accused of killing his father. **8.00** *Tell-All:* 19/24. A Marine connected to the disappearance of a weapons cache is found murdered. (S8)
9.00 **Law & Order** New episode *Truth and Consequences:* 7/22. When tragedy strikes the family of a judge, Brady must determine if the murder is connected to any of her rulings. (S24)
10.00 **Law & Order: Special Victims Unit** (S24&23)
1.50 AM **Person of Interest**
2.40 **NCIS: Los Angeles** (S2)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dogs Behaving (Very) Badly**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E: Crash Scene Emergency** Medics perform lifesaving CPR on a 76-year-old man in cardiac arrest.
10.00 **999: Critical Condition**
11.00 **Skin A&E** An operation to remove a facial cyst.
12.00 M'T **Murder Scene: The Incident Room**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Traffic Cops**
10.30 **Police Interceptors**
12.30 PM **FILM The Hangman** Western drama starring Robert Taylor. (1958, b/w, U, 86min) ★★
2.15 **FILM Horizons West** Western starring Rock Hudson and Robert Ryan. (1952, PG, 81min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Tommy Wade witnesses a Micra fly around a roundabout.
9.00 **Speed Cameras: Are They Out to Get You?**
10.00 **Police: Suspect No 1**
11.00 **The X-Files** 12/24. (S1)
12.00 M'T **Mud Mountain Haulers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **Gemma and Gorka: Life Behind the Lens**
7.00 **Tipping Point**
10.00 **Find It, Fix It, Flog It**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **999 Rescue Squad** The discovery of underwear on a canal bank sparks a risky missing persons search.
9.00 **One Born Every Minute** A woman arrives to give birth wearing full make-up. **10.00** A woman who previously endured a traumatic birth returns to have another baby.
11.00 **Killer Women with Piers Morgan** The story of Sheila Davalloo.
12.00 M'T **Prison Girls**
1.00 **to 3.00** AM **Louis Theroux: Shooting Joe Exotic**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **Secrets and Spies: A Nuclear Game**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Adolf Hitler's War**
5.00 **Secrets and Spies: A Nuclear Game**
6.00 **Antiques Roadshow**
7.00 **Wilderness with Simon Reeve**
8.00 **Bangers & Cash** Derek and Paul visit Leeds on a father and son road trip. **9.00** Charlie picks up an Austin van in the North York Moors.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Retro Electro Workshop**
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Victoria Hervey.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family: What Happened Next**
6.00 **The Yorkshire Auction House** Brothers sell their late mother's items. **7.00** Angus helps a widow in Lincoln.
8.00 **Antiques Road Trip** From the Lake District.
9.00 **Who Do You Think You Are?** With Nigel Havers.
10.00 **Long Lost Family: What Happened Next**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 2-4/22. (S2)
1.00 PM **The Waltons** (S5)
3.00 **Ballykissangel** (S4)
4.10 **Born and Bred** (S3)
5.20 **Bramwell** 2/7. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 22-24/25. (S4)
9.00 **Brush Strokes** 2/13. Jacko begins to see Lesley, but runs when he finds out who she is. **9.40** 3/13. Jacko is heading for trouble when he unwittingly takes his boss's daughter out. **10.20** 4/13. The dark secret concerning Lionel's daughter nears discovery. (S1)
11.00 **The New Avengers** (S2)
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S4)
2.25 **Home to Roost** (S2)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The Avengers**
11.00 **The High Chaparral**
12.00 NOON **FILM Major Dundee** Western. (1964, PG, 117min) ★★★
2.35 PM **FILM Cripple Creek** Western. (1952, U, 77min) ★★
4.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers**
9.00 **FILM Terminal Velocity** Action thriller starring Charlie Sheen and Nastassja Kinski. (1994, 15, 102min) ★★
11.15 **FILM Super Collider** Thriller starring Robin Dunne and Amy Bailey. (2013, PG, 90min) ★★
1.05 AM **The Baron** (S1)
2.05 **The New Avengers**
3.10 **FILM A Farewell to Arms** Classic romantic drama. (1932, b/w, PG, 78min) ★★★
4.45 **to 6.00** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM Aurora Teagarden Mysteries: Til Death Do Us Part** Drama. (2021, PG) ★★
10.05 **In Plain Sight** (S1)
11.05 **Castle** 22/23. (S7)
12.05 PM **Chronicle Mysteries: Helped to Death**
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 23/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S1)
10.00 **FILM An Emma Fielding Mystery: Past Malice** Crime drama. (2018, PG, 90min) ★★
11.55 **FILM Garage Sale Mysteries: All That Glitters** Crime drama. (2014, PG, 87min) ★★
1.50 AM **FILM A Lover Betrayed** Thriller. (2017, 12, 90min) ★★
3.30 **to 5.00** AM **FILM A Teacher's Obsession** Thriller. (2015, PG) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM Planning for Joy** (2022, PG) ★★
10.10 **FILM The Perfect Wedding Match** Comedy. (2021, PG) ★★
12.10 PM **FILM One Perfect Match** (2023, PG) ★★
2.10 **FILM Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
4.05 **FILM 14 Love Letters** Drama. (2022, U) ★★
5.55 **FILM Finding Mr Right** Romantic comedy. (2022, U, 91min) ★★
8.00 **FILM A Town Called Love** Romantic drama. (2023, U, 89min) ★★
10.00 **FILM A Christmas Love Story** Romantic drama. (2019, U, 89min) ★★
11.55 **FILM Our Christmas Love Song** Comedy. (2019, U, 100min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Romantic Rewrite** Comedy. (2022, PG) ★★

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Becoming Jazzy Whipps**
12.15 PM **Great British Food**
12.45 **Edwardian Farm**
2.00 **My Floating Home**
3.00 **New Home DIY**
4.00 **Supermarket Secrets Revealed**
5.00 **Highclere: The Real Downton Abbey**
6.00 **The Greatest Auction**
7.00 **Garden Rescue**
8.00 **My Floating Home**
9.00 **Supermarket Secrets Revealed**
10.00 **FILM Can You Keep It Up for a Week?** Comedy. (1974, 18, 94min) ★
12.00 M'T **FILM Eagles Over London** Spy dama with Frederick Stafford. (1969, PG, 110min) ★★
2.15 AM **Man Down**
3.00 **Highclere: The Real Downton Abbey**
4.00 **to 5.00** AM **Supermarket Secrets Revealed**

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Space 1999** 1/24. (S2)
11.05 **Shine on Harvey Moon**
12.10 PM **The Dustbinmen**
12.40 **Agony** (S3)
1.10 **Star Maidens** (S1)
1.40 **Boon** 1/13. (S1)
2.40 **Rewind Time Machine**
2.45 **Space 1999** 1/24. (S2)
3.50 **We Had One of Those**
4.00 **Secrets of the Coast**
4.30 **Jack Hargreaves' Old Country** (S3)
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S2)
6.30 **Star Maidens** (S1)
7.00 **Agony** (S3)
7.30 **The Gaffer** (S3)
8.00 **Boon** 1/13. (S4)
9.05 **Drop the Dead Donkey**
10.05 **FILM Fanny Hill** Comedy. (1964, 18, 104min) ★★★
12.05 AM **FILM Flesh for Frankenstein** Horror comedy with Udo Kier. (1973, 18, 90min) ★★★
2.00 **Stereo Underground**
3.00 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** New beginnings see Wild Bill invest big in a new boat. **8.00** A fresh start in the Bering Sea comes with new investments.
9.00 **Hoffman Family Gold**
10.00 **Deadliest Catch** Sig devises a way to speed up his crew.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Twelive elite survivalists compete.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Rick Stein's Food Heroes** Double bill.
7.00 **Hairy Bikers Go North**
8.00 **The Pioneer Woman**
9.00 **Jamie's Quick & Easy Food** Double bill.
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's French Adventure**
3.00 **Hairy Bikers Go North**
4.00 **The Pioneer Woman**
5.00 **Jamie's Quick & Easy Food** Double bill.
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Jamie Oliver: Cooking for Less** Jamie prepares delicious dishes that won't break the budget.
10.00 **Jamie's Comfort Food**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food Nation**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 6/22. (S6)
9.00 **T.J. Hooker** 2/5. (S1)
10.00 **The Invaders** (S2)
11.00 **FILM Collision Earth** Sci-fi action thriller. (2011, 12, 95min) ★★
1.00 PM **FILM Red Sun** Spaghetti Western. (1971, 15, 112min) ★★★
3.10 **FILM Posse** Western. (1975, 15, 94min) ★★
5.00 **Star Trek** 16/24. (S3)
6.00 **The Invaders** (S2)
7.00 **T.J. Hooker** 3/5. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM American Made** Fact-based comedy drama with Tom Cruise. (2017, 15, 115min) ★★★
11.15 **FILM Reprisal** Thriller. (2018, 15, 91min) ★★
1.15 AM **FILM Momentum** Action thriller. (2015, 15, 96min) ★★★
3.10 **to 5.00** AM **FILM Robin Hood: The Rebellion** Action adventure. (2018, 12, 92min) ★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM George and the Dragon** Fantasy adventure. (2004, PG, 93min) ★★★
11.00 **The Lost World** (S3)
12.00 NOON **FILM Boot Hill** Comedy Western. (1969, PG, 91min) ★★
2.00 PM **FILM The Land That Time Forgot** Sci-fi action adventure. (2009, 12, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 **King Solomon's Mines**
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** 9/22. (S3)
9.00 **FILM Hard Kill** Action thriller starring Jesse Metcalfe and Bruce Willis. (2020, 15, 98min) ★★
11.00 **FILM The Inglorious Bastards** Wartime thriller starring Bo Svenson. (1978, 15, 99min) ★★
1.00 AM **FILM Hard Kill**
3.00 **King Solomon's Mines**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Storage Hunters**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Mountain Men**
12.10 PM **Swamp People**
1.05 **Storage Hunters**
2.05 **Storage Wars**
3.05 **Junk & Disorderly** New edition
4.00 **Ancient Aliens**
5.00 **In Search of Aliens**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Junk & Disorderly**
10.00 **Rust Valley Restorers**
11.00 **Road Wars**
12.00 M'T **Bermuda Triangle: Into Cursed Waters**
1.00 AM **Encounter: UFO**
2.00 **Ancient Aliens**
3.00 **Mountain Men**
3.45 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's...**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **The Yorkshire Vet**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **The Hotel Inspector** Alex Polizzi comes to the aid of a 25-year-old Salisbury publican.
10.00 **Inside the Four Seasons: Park Lane** Restaurant founder Yannick Alleno visits.
11.00 **Rich Holiday, Poor Holiday** In Morocco.
12.00 M'T **Wentworth Prison**
1.05 AM **Happy Campers: The Caravan Park**
3.10 **to 4.00** AM **Paul Martin's Antiques Showdown**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable**
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase**
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room** The dealers bid for a 1940s library stand.
6.00 **Tenable** Five friends from Surrey compete.
7.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
10.00 **The Celebrity Chase** With Jimmy Carr, Jack P Shepherd, Matt Dawson and Sally Bercow.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 7/24. Sheldon is hurt when Professor Proton contacts Leonard. **8.30** 8/24. Sheldon punishes Leonard for a past mistake. (S7)
9.00 **Mock the Week** Satirical panel show hosted by Dara O Briain.
10.00 **FILM Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. (1987, 15, 99min) ★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's The Wheel** Game show.
9.00 **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S7)
12.00 NOON **Michael McIntyre's The Wheel**
1.00 PM **Friends** (S7&8)
9.00 **FILM Paul** Sci-fi comedy starring Simon Pegg and Nick Frost. A couple of British sci-fi fans go on a tour of America's UFO hotspots and pick up an extraterrestrial hitchhiker. (2011, 15, 104min) ★★★★
11.10 **Lee Evans Live at Wembley** Stand-up.
1.10 AM **Whose Line Is It Anyway? USA**
2.10 **South Park** 13/14. (S16)
2.40 **Fat Chat with Desiree Burch** With Helen Bauer.
2.50 **Jeff Dunham: Me the People** Comedy special.
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Spin City** (S3)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S10&1)
1.00 PM **Criminally Funny**
2.30 **Gods of the Game**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S3)
7.00 **Everybody Loves Raymond** (S7*8)
10.00 **Friends** 21/24. Chandler attempts to write his marriage vows. (S7)
10.30 **Friends** (S7)
1.00 AM **The Ricky Gervais Show** 11&12/13. (S1)
2.00 **Utopia** (S3)
2.30 **Teachers** (S3)
3.00 **Reno 911!** (S3)
3.45 **Iain Stirling's Roast the Internet**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.20 **Bread** 8/14. (S5)
10.55 **Steptoe and Son** (S4)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S1)
12.35 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 8/13. Sitcom. (S1)
2.45 **Minder** 6/10. (S5)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Some Mothers Do 'Ave 'Em** 4/6. Sitcom. (S2)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.10 **Steptoe and Son** (S4)
6.50 **Rising Damp** 1/7. (S1)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 8/11. (S1)
9.00 **Benidorm** 5/7. (S8)
9.55 **Shameless** 8/16. (S6)
11.00 **Man About the House**
11.30 **Rising Damp** 2/6. (S4)
12.00 M'T **Benidorm** 5/7. (S8)
12.55 AM **Minder** 12/13. (S2)
2.00 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **MTV Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom: From the Beginning** Reality series.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
2.00 PM **Catfish: The Dramatic**
3.00 **Help! I'm in a Secret Relationship!**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **MTV Cribs: Beautiful Beach Houses**
9.00 **Skin A&E** A man has a large lump removed from his neck.
10.00 **Dating Naked**
11.00 **Me & My Sugar Daddy**
12.00 M'T **Ridiculousness** New editions
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Tanked** Double bill.
9.00 **The Last Woodsmen**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** A micro-pig with an injured leg requires surgery. **2.00** A golden retriever is rushed into surgery.
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** The Raneys rescue a single-father homesteader facing threats of rockslides and bears.

10.00 Gold Rush: Mine Rescue

7.00 **Wheeler Dealers** Mike tracks down a rare 1991 Alfa Romeo 164L, but soon finds out that the car has a leaking engine.
8.00 **Wheeler Dealers** Mike finds what he thinks is the finest-handling front wheel drive car – the Lotus Elan M100.
9.00 **Gold Rush** New edition Tony brings in his brother Klass, and the Beets' mission to rescue a flooded dozer is derailed.
10.00 **Gold Rush: Mine Rescue with Freddy & Juan** New edition Freddy and Juan try to save rookie miners with huge debts.
12.00 M'T **Deadliest Catch** Sig gambles on a risky trip to the far North but ends up with equipment failure. Plus, a nasty injury hits a key crew member.
1.00 AM **Gold Rush** As 9.00pm.
2.00 **Gold Rush: Mine Rescue with Freddy & Juan**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** Brett and Wayde answer questions about fish and reveal unseen moments.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** Texas Game Wardens are all hands on deck after a flash flood.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps an injured tiger at a wild animal sanctuary.

6.00 Dr Jeff

7.00 **Treehouse Masters** Pete Nelson attempts to construct a thrill-seeker's dream treetop escape in Washington.
8.00 **The Pool Master** A busy firefighter and his wife living on a farm in California need Anthony's help to fix their pool.
9.00 **Alaska: The Last Frontier** The end of summer leaves little time to complete winter preparations.
10.00 **Alaskan Bush People** Bird and Gabe take action when a hungry predator approaches.
11.00 **The Haunted** A couple's rabbits begin behaving nervously.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Sharks and the City: New York** A potential great white shark population surge.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Dutch Caribbean Coastguards** Documentary.
9.00 **Air Crash Investigation: Special Report**
10.00 **Rebuilding Notre Dame: The Final Chapter**
11.00 **Strangest Things**
12.00 NOON **Disaster Autopsy**
1.00 PM **Car S.O.S** A Ford Anglia.
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Car S.O.S** Double bill.
6.00 **Inside Melbourne Airport** An emergency unfolds as illicit drugs are found on a plane.

6.00 Inside Melbourne Airport

7.00 **Air Crash Investigation** The story of how Captain Frank Geib saved Northwest Airlines Flight 85 from disaster in 2002.
8.00 **Planes That Changed History** A look at how the Avro Vulcan pushed the boundaries of aviation.
9.00 **Nazi Megastructures** Hitler's plan to land troops in southern England in 1940.
10.00 **Hitler's Last Stand** A small group of American soldiers must capture the all-important Fort Koenigsmacker.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Airport Lost & Found** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Abandoned**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Full Custom Garage**
6.55 **Adventure Gold Diggers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **Digging for Britain**
1.00 PM **Britain's X Files**
2.00 **Secrets in the Sand**
3.00 **Ross Kemp: Shipwreck Treasure Hunter**
6.00 **American Pickers** A preservationist opens the doors to his jaw-dropping historic properties, and the Wolfe brothers sift through a rockstar picker's collection..

10.00 Secrets in the Sand

7.00 **Forged in Fire** The smiths make knives from old toys and recreate an iconic American blade.
8.00 **Weird Britain** Andy McGrath explores creepy dolls and a haunted hearse at Nottingham's macabre museum.
9.00 **Britain's X Files** New edition Investigative journalist Tim Tate reveals government investigations into the paranormal.
10.00 **Secrets in the Sand** New edition Extraordinary curiosities that were once concealed within desert sands.
11.00 **Secrets in the Dark** Shedding light on unusual discoveries made in the darkest places on Earth and venturing into the realm of the supernatural.
12.00 M'T **Ross Kemp: Shipwreck Treasure Hunter**
2.50 AM **Britain's X Files**
3.40 **Weird Britain**
4.25 **Pawn Stars**
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Celtics City**
7.05 **Discovering: Brad Pitt**
8.00 **The Directors**
9.00 **The Movies**
10.00 **The Civil War**
11.05 **The Sixties**
12.00 NOON **Steve McQueen: The Lost Movie** Documentary.
1.50 PM **My Icon: Natasha Jonas**
2.00 **Terry Venables: A Man Can Dream** The life and times of the former England manager.
4.00 **Discovering: Brad Pitt**
5.00 **The Directors**
6.00 **The Movies**

6.00 The Movies

7.00 **The Civil War** 7/9. Focusing on the summer of 1864, which proved to be the Union Army's darkest hour.
8.00 **Murder at the Post Office** 1/3. Documentary looking into the murder of postmistress Diana Garbutt in March 2010.
9.00 **Murder at the Post Office** 2/3. At trial, the prosecution alleges Robin Garbutt was stealing from the Post Office.
10.00 **Murder at the Post Office** 3/3. Robin Garbutt is sentenced to 20 years in prison, but key evidence is missing.
11.00 **I Am Steve McQueen** The life and career of the American actor, with contributions by members of his family.
12.30 AM **Val** Documentary focusing on the life of actor Val Kilmer.
2.30 **Jane Fonda in Five Acts** An intimate look at the life and work of Jane Fonda.
5.00 **to 6.00** AM **Discovering: Brad Pitt**

Tuesday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Antiques Road Trip**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **Celebrity Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Richard Hammond's Workshop** New edition New staff members are thrown in the deep end on a rare Lotus.
10.00 **Shed and Buried: Classic Cars** Henry Cole and Fuzz Townsend head to Bristol to view a 1950 Austin Atlantic.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** The case of Nikki Whitehead.
9.00 **Feds** New edition The FBI work to locate a kidnapped housewife from a luxury Florida neighbourhood.
10.00 **Road Rage**
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **The Suitcase Murders** Double bill.
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** A horrific ambush shattered Shane Gilmer and Laura Sugden's lives.
8.00 **Fraud Squad** The hunt is on for a ruthless fantasist who has defrauded the NHS.
9.00 **Storm of Suspicion** New edition When a young woman vanishes during one of the worst droughts in California history, detectives embark on a decades-long investigation to find a serial killer.
10.00 **Killers: Caught on Camera** A dismembered body is discovered inside a suitcase.
11.00 **Bloodline Detectives**
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **The Killer You Know**
10.45 **Teleshopping**
11.00 **48 Hours**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **The Killer You Know** Double bill.
4.00 **48 Hours** Erin Moriarty tracks down the accused killer of a military pilot in Brazil.
5.00 **Medical Detectives** A look at how detectives caught a murder suspect within 12 hours. **5.30** Detectives use computer forensics to catch a killer . **6.00** A forensic geologist attempts to solve a murder. **6.30** Two men confess to the same murder.
7.00 **Judge Judy** Back-to-back real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **The Force: Manchester**
7.00 **Brit Cops**
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
2.00 PM **The Killer Within**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **World's Most Evil Killers** New edition
10.00 **Forensics: Catching the Killer** Double bill.
12.00 M'T **Thought Crimes: The Case of the Cannibal Cop**
1.40 AM **How I Caught the Killer** Documentary.
2.35 **Britain's Most Evil Killers**
3.30 **Brit Cops**
4.30 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Treasures Decoded**
9.05 **Sicily: The Conquered Isle** As shown at 7.10pm.
10.25 **The War** As 8.25pm.
11.35 **Sicily: The Conquered Isle** As shown at 7.10pm.
1.15 PM **The American Buffalo: A Film By Ken Burns** As 9.35pm.
3.40 **The War** As 8.25pm.
4.50 **Sicily: The Conquered Isle** As shown at 7.10pm.
6.05 **Treasures Decoded**
7.10 **Sicily: The Conquered Isle** 1/2. Exploring Sicily's ancient past.
8.25 **The War** Servicemen from four American communities recall the events of D-Day.
9.35 **The American Buffalo: A Film By Ken Burns** 1/2. Recounting the collision between two opposing views of the natural world.
12.00 M'T **The War**
1.10 **to 2.00** AM **America the Bountiful**

TUESDAY

Sky Nature

124/125 113/114 135 354 369

- 6.00 AM **New Kids in the Wild**
- 7.00 **Monkey Life**
- 8.00 **Guardians of the Wild**
- 9.00 **Orangutan Jungle School**
- 10.00 **Into the Wild: India**
- 11.00 **Africa's Hunters**
- 12.00 NOON **Secrets of the Enchanted Waters**
- 1.00 PM **Monkey Life**
- 2.00 **Guardians of the Wild**
- 3.00 **Orangutan Jungle School**
- 4.00 **Into the Wild: India**
- 5.00 **Africa's Hunters**
- 6.00 **Secrets of the Enchanted Waters** Documentary.
- 7.00 **Monkey Life** Double bill.
- 8.00 **Jaguar Journals**
- 9.00 **Humanlike: The Chimps of Fongoli** Documentary.
- 10.00 **Secrets of the Enchanted...**
- 11.00 **Africa's Hunters**
- 12.00 M'T **Secrets of Wild Australia**
- 1.00 AM **New Kids in the Wild**
- 2.00 **Jaguar Journals**
- 3.00 **Humanlike: The Chimps of...**
- 4.00 **Guardians of the Wild**
- 5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

- 6.00 AM **World's Most Unexplained**
- 7.00 **Evidence of the Unexplained**
- 8.00 **What on Earth?**
- 9.00 **Battle 360**
- 10.00 **Combat Machines**
- 11.00 **Ancient Aliens**
- 1.00 PM **Alien Files: Unsealed**
- 2.00 **Weird Britain**
- 3.00 **Digging for Britain**
- 4.00 **World's Most Unexplained**
- 5.00 **Evidence of the Unexplained**
- 6.00 **What on Earth?**
- 7.00 **Battle 360** CGI reconstruction of the Battle of Midway.
- 8.00 **Combat Machines** Focusing on espionage equipment.
- 9.00 **Secret Wars Uncovered** The invasion of Panama.
- 10.00 **Dark Marvels: Killing Machines** History's most notorious methods of execution.
- 11.00 **Ancient Aliens**
- 1.00 AM **Alien Files: Unsealed**
- 2.00 **Weird Britain**
- 3.00 **Digging for Britain**
- 4.00 **World's Most Unexplained**
- 5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

- 8.00 AM **NASA's Unexplained Files**
- 11.00 **The Dino Hunters**
- 1.00 PM **Truth Behind the Moon Landing** Double bill.
- 3.00 **Killers of the Cosmos**
- 4.00 **Through the Wormhole with Morgan Freeman** Double bill.
- 6.00 **How Do They Do It?**
- 9.00 **Street Science** Kevin Delaney takes to the streets to demonstrate the science behind spectacular experiments to members of the public. **9.30** Kevin makes use of unconventional materials to craft home-made rockets. **10.00** Kevin takes to the streets to create a swirling fire tornado out of kerosene. **10.30** Kevin and his experts use a race car to put a new twist on an old magic trick.
- 11.00 **The Explosion Show**
- 1.00 AM **Killers of the Cosmos**
- 2.00 **Through the Wormhole with Morgan Freeman** Double bill.
- 4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

- 6.00 AM **The First 48**
- 7.00 **Homicide Hunter**
- 9.00 **Court Cam**
- 11.00 **Crimes That Shook Britain**
- 2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
- 3.00 **Imperfect Murder**
- 6.00 **The First 48**
- 7.00 **Cold Case Files** How a mother spent decades investigating the disappearance of her family.
- 8.00 **Accident, Suicide or Murder?** A wealthy widow's sudden death perplexes investigators.
- 9.00 **The Toolbox Murders** 1/2. A sadistic serial killer talks about his 1979 killing spree.
- 10.00 **Spring Break Murders** New edition A student is killed on her way to a party.
- 11.00 **Murder at the Motel**
- 12.00 M'T **Britain's Darkest Taboos**
- 1.00 AM **Interrogation Raw**
- 2.00 **Homicide Hunter**
- 3.00 **Imperfect Murder**
- 5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

- 8.00 AM **Yukon Vet**
- 9.00 **Fish Tank Kings**
- 10.00 **America's Mighty Northwest**
- 11.00 **Shark Men**
- 12.00 NOON **The Incredible Dr Pol**
- 1.00 PM **Yukon Vet**
- 2.00 **The Lakeshore Killers**
- 3.00 **Jungle Animal Rescue**
- 4.00 **Secrets of the Zoo**
- 5.00 **Ice Road Rescue**
- 6.00 **Yukon Vet** Michelle performs a routine castration on a calf, but the job takes a dangerous turn.
- 7.00 **Secrets of the Zoo** A cheetah fights for its life against a mysterious and debilitating illness, and an elephant is artificially inseminated.
- 8.00 **Wild Florida** 1&2/2. Documentary exploring the wildlife of the US state.
- 10.00 **Alaska: The Next Generation**
- 11.00 **Ice Road Rescue**
- 12.00 M'T **Africa's Hunters**
- 1.00 AM **Animal Fight Club**
- 2.00 **The Incredible Dr Pol**
- 3.00 **Yukon Vet**
- 4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

- 7.00 AM **Day After D-Day**
- 8.00 **Salvage Hunters: Classic Cars**
- 9.00 **Combat Dealers: Reloaded**
- 10.00 **Blowing Up History**
- 12.00 NOON **How the Universe Works** How the creation of stars changed the cosmos for ever.
- 1.00 PM **The Alaska Triangle**
- 2.00 **In Search of Monsters**
- 3.00 **Expedition Unknown**
- 4.00 **Expedition X**
- 5.00 **Mysteries at the Museum**
- 7.00 **How the Universe Works**
- 8.00 **Day After D-Day** Men who survived the Normandy invasion as young soldiers in June 1944 recall their experiences of the conflict and discuss the effect it had on their lives.
- 9.00 **Unexplained and Unexplored**
- 10.00 **How Do They Do It?**
- 11.00 **Massive Engineering Mistakes**
- 12.00 M'T **Mysteries at the Museum**
- 2.00 AM **How the Universe Works**
- 3.00 **The Alaska Triangle**
- 4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

- 9.00 AM **999 Rescue Squad**
- 1.00 PM **999 Rescue Squad** Four editions, including at: **4.00** The team joins a huge search operation for a missing aeroplane pilot and passenger.
- 5.00 **One Foot in the Grave**
- 8.05 **One Foot in the Grave** Victor hires a cleaner to help out around the house, but comes to regret his decision, while a visit to the fish shop unleashes all manner of horrors. **8.50** A power cut on a sweltering summer night gives Victor and Margaret time to reflect on their lives together. **9.35** Victor is invited to talk about evolution at the Women's Institute, and finds plenty of inspiration when he decides to take up fishing. **10.15** Victor falls victim to a hit-and-run driver, leaving long-suffering Margaret to go it alone.
- 11.15 **One Foot in the Grave**
- 5.05 **to 6.00** AM **999 Rescue Squad**

+1hour 266 376

ID

154 140 166

- 8.00 AM **Betrayed**
- 9.00 **American Monster**
- 11.00 **Disappeared**
- 12.00 NOON **Evil Lives Here: Shadows of Death**
- 1.00 PM **American Monster**
- 3.00 **Disappeared**
- 4.00 **Evil Lives Here: Shadows of Death** Gross malpractice in the medical profession.
- 5.00 **Broken Trust**
- 6.00 **Evil Stepmothers**
- 7.00 **Til Death Do Us Part** The dark secret harboured by Molly and Jason Corbett. **8.00** Focusing on the case of Byron and Michele Wright.
- 9.00 **A Crime to Remember** The case of 14-year-old Robert Franks, a member of one of Chicago's wealthiest families, who was murdered in 1924.
- 10.00 **Evil Lives Here**
- 12.00 M'T **Murder Among Friends**
- 2.00 AM **Broken Trust**
- 3.00 **Evil Stepmothers**
- 4.00 **to 6.00** AM **Til Death Do Us Part**

+1hour 254 366

Discovery Turbo

158 146 180

- 7.00 AM **Wheeler Dealers**
- 8.00 **Motor Pickers**
- 9.00 **Outback Truckers**
- 10.00 **Salvage Hunters: Classic Cars**
- 11.00 **Shed and Buried**
- 12.00 NOON **Richard Hammond's Workshop** The team plan to restore a 1950s Porsche 356.
- 1.00 PM **Outback Car Hunters**
- 2.00 **Salvage Hunters: Classic Cars**
- 3.00 **Outback Truckers**
- 4.00 **Ant Anstead: Born Mechanic**
- 5.00 **Motor Pickers**
- 6.00 **Wheeler Dealers**
- 7.00 **Shed and Buried**
- 8.00 **Ant Anstead: Born Mechanic** Mike Brewer helps out on a 1964 Ford Thunderbird.
- 9.00 **Holden Bros. Restos**
- 10.00 **Outback Truckers**
- 11.00 **Wheeler Dealers**
- 12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
- 1.00 AM **Richard Hammond's Workshop** As 12.00noon.
- 2.00 **Iron Resurrection**
- 3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

- 7.00 AM **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
- 8.40 **Plainclothes** Thriller starring Tom Blyth. (2025, 15, 95min)
- 10.20 **On Swift Horses** As 9.35pm.
- 12.30 PM **Nobody 2** As 8.00pm.
- 2.10 **Materialists** As 3.15am.
- 4.10 **Jurassic World: Rebirth** Fantasy action adventure. (2025, 12, 133min) ★★★
- 6.30 **Man Finds Tape** Horror thriller starring Kelsey Pribilski. (2025, 15, 84min) ★★★★

4.10 Jurassic World: Rebirth

8.00 Nobody 2 Comedy thriller sequel starring Bob Odenkirk. A former assassin takes his family on a holiday, but finds himself in the crosshairs of a bloodthirsty crime boss. (2025, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 On Swift Horses Romantic period drama starring Daisy Edgar-Jones, Jacob Elordi and Will Poulter. A married couple's promising new life is scuppered by the arrival of the husband's brother. (2024, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.45 **Icefall** Thriller starring Joel Kinnaman. (2025, 15, 95min)
- 1.30 AM **Adulthood** Black comedy drama starring Josh Gadd. (2025, 15, 97min) ★★★
- 3.15 **Materialists** Romantic comedy. (2025, 15, 116min) ★★★★
- 5.15 **to 6.45** AM **Pets on a Train** Animated family adventure. (2025, PG, 87min) ★★★

Sky Cinema Fun

303 303 403 503 517

- 6.10 AM **It Takes Two** As 3.25am.
- 8.00 **Stuart Little** As 5.10am.
- 9.35 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
- 11.05 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
- 12.45 PM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
- 2.25 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
- 4.25 **Just Go With It** As 1.25am.
- 6.25 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★

6.25 Daddy Day Care

8.00 How to Lose a Guy in 10 Days Romantic comedy starring Kate Hudson and Matthew McConaughey. A journalist sets out to seduce and then alienate an advertising executive, but her target has his own agenda. (2003, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Two Weeks Notice Romantic comedy starring Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.45 **Sex Tape** Comedy with Jason Segel. (2014, 15, 94min) ★★
- 1.25 AM **Just Go With It** Romantic comedy. (2011, 12, 117min) ★
- 3.25 **It Takes Two** Family comedy. (1995, U, 97min) ★
- 5.10 **to 6.40** AM **Stuart Little** Children's fantasy adventure. (1999, U, 84min) ★★★★★

Sky Cinema Drama

310 310 410 510 524

- 7.10 AM **Amadeus** Historical drama. (1984, PG, 158min) ★★★★★
- 9.50 **Turtles All the Way Down**
- 11.45 **Cicada** As shown at 2.40am.
- 1.25 PM **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
- 3.25 **Coach Carter** Sports drama. (2004, 12, 136min) ★★★
- 5.50 **Cookster: The Darkest Days** Drama. (2024, 15, 119min) ★★★

8.00 An Officer and a Gentleman Romantic drama starring Richard Gere and Debra Winger. A naval cadet strives to become an aviation officer and a mill worker dreams of marrying one. (1981, 15, 125min) ★★★★

10.05 Birdy Director Alan Parker's psychological drama starring Nicolas Cage and Matthew Modine as childhood friends who are reunited as Vietnam war veterans in a psychiatric hospital. (1984, 15, 120min) ★★★★

- 12.10 AM **Nuremberg** Thriller starring Russell Crowe and Rami Malek. (2025, 15, 148min) ★★★★★
- 2.40 **Cicada** Drama starring Matthew Fifer. (2020, 15, 96min) ★★★★
- 4.20 **to 6.20** AM **Turtles All the Way Down** Romantic drama. (2024, 12, 111 min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

- 7.15 AM **The Damned** As 4.25am.
- 8.50 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
- 10.35 **Speak No Evil** Horror. (2024, 15, 110min) ★★★★
- 12.30 PM **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
- 2.15 **Terminator Salvation** Thriller sequel. (2009, 12, 110min) ★★★
- 4.15 **Annabelle** Horror thriller. (2014, 15, 97min) ★★

6.00 Annabelle: Creation Horror starring Anthony LaPaglia. (2017, 15, 109min) ★★★

8.00 Edge of Tomorrow Sci-fi adventure starring Tom Cruise and Emily Blunt. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. (2014, 12, 113min) ★★★★

10.00 Mickey 17 Sci-fi comedy starring Robert Pattinson, Naomi Ackie and Mark Ruffalo. (2024, 15, 137min) ★★★

- 12.30 AM **Blade** Action adventure chiller starring Wesley Snipes. (1998, 18, 121 min) ★★★
- 2.35 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
- 4.25 **to 6.10** AM **The Damned** Mystery starring Odessa Young. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.40 AM **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
8.30 **The Borrowers** Adventure. (1997, U, 86min) ★★★★
10.10 **The Hobbit: The Battle of...**
12.40 PM **Harold and the Purple Crayon** (2024, PG) ★★★
2.20 **The Smurfs 2** (2013, U) ★★
4.20 **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
6.00 **The Hobbit: The Battle of the Five Armies** (2014, 12) ★★★

8.25 Scooby-Doo

8.25 **Scooby-Doo** Live-action comedy adventure based on the Hanna-Barbera cartoon series, starring Freddie Prinze Jr, Sarah Michelle Gellar, Matthew Lillard, Linda Cardellini and Pamela Anderson. (2002, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Lemony Snicket's A Series of Unfortunate Events** Family fantasy comedy starring Jim Carrey. Three orphaned siblings are sent to live with an evil count. (2004, PG, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Blueback** Family drama. (2022, PG, 102min) ★★★
1.35 AM **The Wiz** Motown musical updating of *The Wizard of Oz*. (1978, U, 133min) ★★
3.50 **Paulie** Family comedy. (1998, U, 92min) ★★★
5.30 **to 7.05** AM **Spy Kids** Children's action comedy. (2001, U, 88min) ★★★★

Sky Cinema Action

306 306 407 507 521

6.55 AM **Wrath of the Titans** Fantasy. (2012, 12, 99min) ★★
8.40 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
10.45 **Furiosa: A Mad Max Saga** Fantasy. (2023, 15) ★★★★
1.15 PM **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
3.35 **The Amazing Spider-Man 2** Fantasy. (2014, 12) ★★★
6.00 **Bumblebee** *Transformers* prequel. (2018, PG) ★★★★

8.00 Batman & Robin

8.00 **Batman & Robin** Fantasy adventure starring George Clooney, Arnold Schwarzenegger, Chris O'Donnell and Alicia Silverstone. Batman and Robin, aided by new ally Batgirl, take on fearsome villains Mr Freeze and Poison Ivy. (1997, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. (2024, 12, 169min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Fast & Furious Presents Hobbs & Shaw** Adventure starring Dwayne Johnson. (2019, 12, 137min) ★★★
3.20 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★
5.10 **to 6.55** AM **Royal Warriors** Thriller. (1986, 18, 96min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **Zoolander** (2001) ★★★★
8.15 **This Is Spinal Tap** Spoof. (1983, 15, 83min) ★★★★★
9.40 **Little Fockers** (2010, 12) ★★★
11.20 **The Hangover** (2009) ★★★★
1.05 PM **The Hangover Part II** Comedy sequel. (2011, 15) ★★
2.50 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
4.35 **Sausage Party** Animation. (2016, 15, 89min) ★★★
6.10 **School of Rock** Comedy. (2003, PG, 109min) ★★★★

4.35 Sausage Party

8.00 **Ted 2** Comedy sequel starring Mark Wahlberg and Amanda Seyfried. The foul-mouthed talking teddy bear fights a court case for the right to be legally recognised as a person. With the voice of Seth MacFarlane. (2015, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Mean Machine** Sports drama starring Vinnie Jones. A football player is sent to prison after being convicted of assault and ends up coaching the prisoners' football team. (2001, 15, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
1.20 AM **Jackass 3** Comedy sequel. (2010, 15, 93min) ★★
3.00 **Caddyshack** Comedy. (1980, 15, 95min) ★★★
4.40 **to 6.45** AM **Seven Psychopaths** Comedy thriller. (2012, 15, 106min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **The Towering Inferno** Epic disaster thriller. (1974, 12, 165min) ★★★★
9.50 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
11.30 **Along Came a Spider** Thriller. (2001, 15, 103min) ★★★
1.20 PM **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
3.30 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
6.10 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★

10.20 True Romance

8.00 **Vanilla Sky** Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*, starring Tom Cruise and Penélope Cruz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. With Cameron Diaz and Kurt Russell. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **True Romance** Crime thriller scripted by Quentin Tarantino, starring Christian Slater and Patricia Arquette. (1993, 18, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Day of the Jackal** Thriller based on Frederick Forsyth's novel, with Edward Fox and Michael Lonsdale. (1973, 15, 142min) ★★★★★
2.50 **Sew Torn** Comedy thriller. (2024, 15, 100min) ★★★★
4.40 **to 6.30** AM **Along Came a Spider** As shown at 11.30am.

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **All That Heaven Allows** Drama. (1955, U) ★★★★
12.45 PM **Heaven Knows, Mr Allison** Wartime drama. (1957, PG, 100min) ★★★★
2.50 **The True Story of Jesse James** Biopic. (1956, PG) ★★
4.40 **The Ghost and Mrs Muir** Supernatural comedy. (1947, b/w, U, 104min) ★★★★
6.45 **Gemini Man** Action drama. (2019, 12, 117min) ★★

9.00 Theater Camp

Gemini Man (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **PREMIERE Theater Camp** Comedy starring Ben Platt. The eccentric staff of a rundown theatre camp in New York must band together to keep the camp afloat. (2023, 12, 93min) ★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **xXx** Action thriller starring Vin Diesel. A rebellious extreme sports fanatic is recruited by America's secret services and sent to Prague on a mission. (2002, 12, 124min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.25 **to 3.50** AM **Beautiful Beings** Icelandic drama. Subtitled. (2022, 18, 123min) ★★★★

+1 hour 314 430 47 301 257

Tuesday

8 PM
9 PM
10 PM
11 PM

Sky Cinema Adventure

302 302 402 502 516

6.25 AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG, 78min) ★★★★
7.50 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
9.10 **The Wild Robot** As 6.15pm.
10.55 **Sonic the Hedgehog 3** Fantasy sequel. (2024, PG, 110min) ★★★
12.50 PM **The BFG** As 12.25am.
2.50 **The Last Airbender** Fantasy. (2010, PG, 103min) ★★

4.35 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★
6.15 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
8.00 **Spider-Man: Into the Spider-Verse** Animation with the voice of Shameik Moore. (2018, PG, 117min) ★★★★★
10.00 **Ready Player One** Steven Spielberg's sci-fi adventure with Tye Sheridan and Olivia Cooke. (2018, 12, 140min) ★★★★
12.25 AM **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★

2.25 **Spy Kids 3: Game Over** Sci-fi action comedy sequel. (2003, U, 84min) ★★★
3.55 **The Last Airbender** (2010)
5.45 **to 6.45** AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★★

Sky Cinema Greats

307 307 404 504 518

6.45 AM **Three Days of the Condor** Thriller. (1975, 15, 118min) ★★★★
8.45 **Jackie Chan's First Strike**
10.15 **Rumble in the Bronx** (1996)
11.50 **Raiders of the Lost Ark** Steven Spielberg's adventure. (1981, PG, 115min) ★★★★★
1.50 PM **Indiana Jones and the Temple of Doom** Steven Spielberg's action adventure. (1984, PG, 118min) ★★★

3.50 **Indiana Jones and the Last Crusade** Steven Spielberg's adventure with Harrison Ford. (1989, PG, 127min) ★★★★★
6.00 **Ghostbusters** Supernatural comedy starring Bill Murray. (1984, 12, 105min) ★★★★
8.00 **Ghostbusters II** Supernatural comedy sequel with Bill Murray. (1989, PG, 99min) ★★★
9.50 **Blade Runner** Ridley Scott's futuristic thriller starring Harrison Ford and Rutger Hauer. (1982, 15, 130min) ★★★★★

11.50 **The Running Man** Adventure. (1987, 18, 101min) ★★★
1.35 AM **Mars Attacks!** Sci-fi spoof. (1996, 12, 106min) ★★★★
3.35 **Rumble in the Bronx** Action comedy. (1996, 15, 89min) ★★★
5.10 **to 6.40** AM **Jackie Chan's First Strike** Thriller. (1996, 12) ★★

Sky Cinema Animation

312 315 405 500 514

6.00 AM **Fireheart** Animation. (2022, U, 92min) ★★★
7.40 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
9.20 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
10.55 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
12.35 PM **The Angry Birds Movie** Animation. (2016, U) ★★★

2.20 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
4.00 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
5.45 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
7.30 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
9.15 **Corpse Bride** Animated fantasy. (2005, PG, 74min) ★★★★
10.45 **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101min) ★★

12.40 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
2.15 **Noah's Ark** Animation. (2024, U, 96min) ★★★
4.05 **Rock Dog** (2016, PG) ★★★
5.50 **to 7.35** AM **Boonie Bears: Guardian Code** Animation. (2023, PG, 96min) ★★★

Movies 24

315 313 419

7.00 AM **Betty's Bad Luck in Love** Comedy. (2024, PG, 84min) ★★
9.00 **A Costa Rican Wedding** Comedy. (2024, PG, 84min) ★★
11.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
1.00 PM **Love and the Radio Star** Romantic comedy drama. (2022, PG, 90min) ★★
3.00 **The Reluctant Royal** Romantic comedy. (2025, PG, 84min) ★★

5.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
7.00 **Royal-Ish** Romantic drama with Nichole Sakura. A woman who plays a princess at an amusement park befriends the real thing, and falls for her older brother. (2025, PG, 84min) ★★
9.00 **Junebug** Fantasy with Autumn Reeser and Mila Jones. A book editor is inspired to get her life in order when she receives visions of her eight-year-old self. (2024, PG, 84min) ★★

11.00 **Return to Office** Romantic drama. (2025, PG, 84min) ★★
1.00 AM **A Bestselling Kind of Love** Drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Branching Out** Drama. (2024, PG, 90min) ★★

Movies 24+ 329 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Adventures of Jim Bowie** 5/38. (S1)
6.35 **Not So Dusty** Comedy. (1956, b/w, U, 90min) ★★
8.10 **Of Human Bondage** Romance. (1934, b/w, PG, 83min) ★★★★
9.50 **They Made Me a Fugitive** Thriller starring Trevor Howard. (1947, b/w, PG, 104min) ★★
11.45 **Captain Pirate** Adventure. (1952, U, 85min) ★★

1.30 PM **The Adventures of William Tell** 2/39. (S1)
2.00 **Cromwell** Historical drama. (1970, PG, 141min) ★★★
4.45 **Conflict of Wings** Drama. (1954, U, 84min) ★★★
6.25 **Whiplash** 7/34. (S1)
7.00 **The Man from UNCLE** (S1)
8.00 **Gideon's Way** 25/26. (S1)
9.00 **PREMIERE Murders in Aigues-Mortes** French crime thriller. (2015, 15, 87min) ★★★
10.50 **Cellar Club with Caroline Munro**
10.55 **The World of Hammer**

11.30 **Snowball** (1960, b/w, U) ★★★
12.55 AM **Budgie** 4/13. (S2)
1.55 **Pickup Alley** Crime thriller. (1957, b/w, PG, 92min) ★★★
3.45 **Four Star Theatre** 10/38. (S3)
4.15 **Look at Life**
4.30 **Target: The Corruptors** (S1)
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
3.00 LIVE **WTA & ATP Tennis** Coverage of the eighth day of the Miami Open, a hard-court tournament staged at Hard Rock Stadium in Miami Gardens, Florida, featuring the first two women's quarter-final contests and men's fourth-round matches. Aryna Sabalenka and Jasmine Paolini were the victorious female players at this stage last year, with Sabalenka beating Zheng Qinwen 6-2 7-5 and Paolini overcoming Magda Linette 6-3 6-2. Meanwhile, the fourth round of the men's draw saw a shock result as top seed Alexander Zverev was eliminated by Arthur Fils, with the Frenchman winning 3-6 6-3 6-4.
11.00 LIVE **WTA & ATP Tennis** Further coverage of day eight of the Miami Open, a hard-court tournament at Hard Rock Stadium in Miami Gardens, Florida.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **PL 200 Club: Harry Kane**
9.00 **Premier League Review**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Review**
1.00 PM **FNF** Bournemouth v Manchester United.
1.30 **SNF** Everton v Chelsea. **2.00** Action from Leeds United v Brentford staged at Elland Road.
2.30 **Premier League Highlights** Newcastle United v Sunderland. **3.00** Highlights from Aston Villa v West Ham United at Villa Park. **3.30** Action from Tottenham Hotspur v Nottingham Forest.
4.00 **Premier League Review**
5.00 **The Premier League Show**
7.00 **Netbusters** Fast-paced highlights using alternative angles, featuring every goal from every game.
7.30 **The Big Interview** Granit Xhaka.
8.00 **Premier League Review**
9.00 **Netbusters** Highlights.
9.30 **The Big Interview** Granit Xhaka.
10.00 **Premier League Review**
11.00 **Premier League Years**
1.00 AM **PL Retro** A replay of Chelsea v Tottenham Hotspur in 2015/16.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Retro League One**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Retro**
10.30 **EFL Best Goals 2017/18**
11.00 **Henrik Larsson: 20 Years On**
12.00 NOON **SPFL Highlights**
12.15 PM **SPFL Round-Up**
12.30 **Bundesliga Highlights Show**
1.30 **EFL League One Goals**
2.00 **EFL League Two Goals**
2.30 **WSL** Highlights from Manchester City v Tottenham Hotspur.
3.00 **SPFL Highlights**
3.30 **EFL Highlights** Championship.
4.30 **Bundesliga Highlights Show**
5.30 **EFL Highlights**
6.00 **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **EFL Highlights** Championship.
8.00 **Bundesliga Highlights Show**
9.00 **EFL Highlights** Watford v Leicester City at Vicarage Road. **9.15** Preston v Stoke City.
9.30 **EFL League One Goals**
10.00 **EFL League Two Goals**
10.30 **SPFL Round-Up**
10.45 **SPFL Highlights**
11.00 **WSL** Brighton v Liverpool.
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Championship.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Recent highlights.
8.00 **IPL** Another chance to see Delhi Capitals v Rajasthan Royals at Arun Jaitley Cricket Stadium.
12.30 PM **Best of ICC WT20**
1.00 **IPL** Royal Challengers Bengaluru v Delhi Capitals staged at M. Chinnaswamy Stadium, Bengaluru.
5.30 **Best of ICC WT20** Highlights from memorable matches in past tournaments.
6.00 **IPL** Chennai Super Kings v Royal Challengers Bengaluru from M. A. Chidambaram Stadium, Chennai.
10.30 **Best of ICC WT20** Highlights from memorable matches in past tournaments.
11.00 **IPL** Highlights of Rajasthan Royals v Gujarat Titans from Sawai Mansingh Stadium, Jaipur. **12.00** M'T Royal Challengers Bengaluru v Punjab Kings from M. Chinnaswamy Stadium, Bengaluru. **1.00** AM Royal Challengers Bengaluru v Punjab Kings in the final of the 2025 T20 competition staged at Narendra Modi Stadium. **2.00** Action from Delhi Capitals v Kolkata Knight Riders staged at Arun Jaitley Stadium in Delhi.
3.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

406 406 506 423 443

6.00 AM **School of Golf**
7.00 **Golf Academy** Expert advice.
8.00 **Nick Dougherty's Tee Time Tips**
8.30 **Ladies European Tour Golf**
9.30 **PGA Tour Golf** Highlights.
10.30 **Best of the Shot Centre**
11.00 **Nick Dougherty's Tee Time Tips**
11.30 **TGL** The Finals Series.
2.00 PM **Best of the Open Zone**
3.00 **School of Golf**
4.00 **PGA Tour Golf** Highlights.
5.00 **Ladies European Tour Golf**
6.00 **Beyond the Scorecard**
6.30 **TGL** The Finals Series.
9.00 **PGA Tour Golf** The fourth day of the Valspar Championship.
10.00 **DP World Tour Golf** Highlights from the Hainan Classic.
11.00 LIVE **TGL** Coverage of the second match of the Finals Series at SoFi Center in Palm Beach.
1.00 AM LIVE **TGL** Coverage of the third and final match of the Finals Series at SoFi Center in Florida.
3.00 **How the 2010 Ryder Cup Was Won** A review of the 38th edition.
5.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **WTA & ATP Tennis** The seventh day of the Miami Open.
3.00 LIVE **WTA & ATP Tennis** Coverage of the eighth day of the Miami Open staged at Hard Rock Stadium in Miami Gardens, Florida, featuring the first two women's quarter-final contests and men's fourth-round matches. Aryna Sabalenka and Jasmine Paolini were the victorious female players at this stage last year, with Sabalenka beating Zheng Qinwen 6-2 7-5 and Paolini overcoming Magda Linette 6-3 6-2. Meanwhile, the fourth round of the men's draw saw a shock result as top seed Alexander Zverev was eliminated by Arthur Fils, with the Frenchman winning 3-6 6-3 6-4.
3.00 AM **WTA & ATP Tennis**
4.00 **ATP/WTA Tour Classic Matches**
5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Crouchy and Cole**
6.15 **Alpine Skiing** In Lillehammer.
8.15 LIVE **Alpine Skiing** Coverage from Lillehammer, Norway.
10.30 **Alpine Skiing** In Lillehammer.
11.00 **Crouchy and Cole**
11.15 LIVE **Alpine Skiing** Coverage from Lillehammer, Norway.
1.30 PM **UEFA Champions League**
2.00 **The Gallagher PREM**
2.15 LIVE **Cycling** The second stage of the men's Tour of Catalunya.
4.15 **The Gruppetto** Cycling news.
4.30 **Premier League**
6.00 **Premier League Netbusters**
6.30 **Premier League Stories**
7.00 **LIV Golf** From South Africa.
8.00 **T100 Triathlon World Tour**
9.00 **Formula E Highlights**
10.00 **Premier League Reload**
10.15 **UEFA Champions League**
11.00 **UEFA Europa League Goals**
11.15 **UEFA Conference League**
11.30 **International T20 Cricket**
1.30 AM LIVE **Women's International T20 Cricket New Zealand v South Africa.** Coverage from the fifth and final T20 in the series staged at Hagley Oval in Christchurch.
5.45 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

6.00 AM **Cycling** Tour of Catalunya.
7.00 **Premier League Review**
8.00 **Serie A** Action from Italy.
10.00 **UEFA Champions League Magazine** News and action.
10.30 **Isuzu UTE A-League Highlights**
11.00 **A-League Women Highlights**
11.30 **Men's Cycling** Tour of Catalunya.
12.30 PM **Premier League Stories**
1.00 **Premier League Review** A look back at the best action from matchday 31, including Brighton & Hove Albion v Liverpool, Newcastle v Sunderland, and Manchester City v Crystal Palace.
2.00 **Premier League: Big Interview**
2.30 **UEFA Champions League**
3.30 **The Gallagher PREM** Highlights from Bath v Saracens. **4.30** Exeter Chiefs v Sale Sharks. **5.30** Harlequins v Gloucester. **6.30** Action from Northampton Saints v Newcastle Red Bulls. **7.30** Highlights from Leicester Tigers v Bristol Bears.
8.30 **MotoGP** Highlights from the MotoGP Grand Prix of Brazil.
12.00 M'T **UFC** Another chance to see Lerone Murphy v Movsar Evloev.
3.00 AM **Men's Cycling**
4.00 **to 6.00** AM **Snooker World Open**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **Good Morning Football**
2.00 PM **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Highlights** Kansas City Chiefs v Washington Commanders.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NBA Basketball** Dallas Mavericks v Golden State Warriors at American Airlines Center.
10.00 **NBA on Fire** The latest news.
10.30 **NFL Bitesize Highlights** Houston Texans v Las Vegas Raiders. **10.45** Action from Baltimore Ravens v New England Patriots.
11.00 LIVE **NBA Basketball Cleveland Cavaliers v Orlando Magic.** Coverage of the Eastern Conference match staged at Rocket Arena. Tip-off **12.00m't**.
2.30 AM **Super League Highlights**
3.00 LIVE **NBA Basketball Phoenix Suns v Denver Nuggets.** The Western Conference match at Mortgage Matchup Center. Tip-off **3.00am**.
5.30 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
3.00 LIVE **WTA & ATP Tennis** Coverage of the eighth day of the Miami Open, a hard-court tournament staged at Hard Rock Stadium in Miami Gardens, Florida, featuring the first two women's quarter-final contests and men's fourth-round matches. Aryna Sabalenka and Jasmine Paolini were the victorious female players at this stage last year, with Sabalenka beating Zheng Qinwen 6-2 7-5 and Paolini overcoming Magda Linette 6-3 6-2. Meanwhile, the fourth round of the men's draw saw a shock result as top seed Alexander Zverev was eliminated by Arthur Fils, with the Frenchman winning 3-6 6-3 6-4.
1.00 AM **EFL Greatest Games**
3.00 LIVE **NBA Basketball Phoenix Suns v Denver Nuggets.** The Western Conference match at Mortgage Matchup Center. Tip-off **3.00am**.
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour Golf**
8.00 **Tennis** Indian Wells Open finals.
10.00 **TGL** Two match replays.
2.00 PM **PL Greatest Games**
3.00 **ICC Men's T20 World Cup**
4.00 **PL Greatest Games**
4.15 **Super League** Wakefield Trinity v Hull FC at DIY Kitchens Stadium.
7.00 **Premier League Darts** The seventh night at 3Arena in Dublin.
11.00 **The Insiders** NFL news.
12.00 M'T **Men's T20 World Cup**
1.00 AM **TGL** The first semi-final.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **AFL** Four match replays.
12.00 NOON **AFL** A replay of Fremantle Dockers v Melbourne Demons. **1.30** PM A chance to see Port Adelaide v Essendon Bombers. **3.00** West Coast Eagles v North Melbourne Kangaroos.
4.30 **Crouchy and Cole**
4.45 **UEFA Champions League Magazine** News and action.
5.15 **Sign Up – Into Football**
6.00 **Serie A** Juventus v Sassuolo. **7.00** Fiorentina v Inter Milan.
8.00 **Alpine Skiing** In Lillehammer.
10.00 **Cycling** Action from stage two of the men's Tour of Catalunya.
11.00 **The Gruppetto** Cycling news.
11.15 **Simon Yates: Giro Redemption**
12.15 AM **Premier League Legends**
12.45 **MotoGP Rewind**
1.00 **Alpine Skiing** In Lillehammer.
3.00 **Isuzu UTE A-League Highlights**
3.30 **UEFA Champions League Magazine** News and action.
4.00 **to 6.00** AM **Serie A**

TNT Sports 4

414 416 524 411 434

6.00 AM **Curling World Championship** From Calgary.
8.00 **Motocross World Championship**
11.00 **MotoGP** Grand Prix of Brazil.
2.30 PM **Isuzu UTE A-League**
3.00 **International T20 Cricket Highlights** New Zealand v South Africa staged at Hnry Stadium.
4.00 **Women's T20 International Cricket** New Zealand v South Africa staged at Hnry Stadium.
5.00 **A-League Women Highlights**
5.30 **Curling World Championship** Action from the final of the women's tournament in Calgary.
7.30 **NWSL** Action from Racing Louisville FC v Washington Spirit. **8.30** Highlights from Chicago Red Stars v Kansas City Current.
9.30 **A-League Women Highlights**
10.00 **LIV Golf** A review of round five of the season in South Africa.
11.00 **T100 Triathlon World Tour Highlights** On the Gold Coast.
12.00 M'T **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **URC in 60** Recent action.
7.00 **LaLiga** A match replay.
9.00 **NASCAR Highlights**
10.00 **Football** Highlights and features.
12.00 NOON **LaLiga Match Highlights**
1.20 PM **Africa Eco Race**
1.35 **Top 14 Rugby Union Highlights**
2.05 **NHL on the Fly**
2.35 **Downhill Skateboarding**
3.05 **Argentine Primera**
5.00 **F1H2O World Championships**
5.30 **URC in 60** Highlights.
6.30 **Eredivisie Highlights**
7.30 **Scottish Football Social Club**
8.30 **LaLiga Match Highlights**
9.50 **Africa Eco Race**
10.05 **NASCAR Highlights**
11.05 **Brasileiro Serie A**
1.00 AM **NHL Tonight**
2.00 LIVE **NHL Ice Hockey Vancouver Canucks v Anaheim Ducks.** Coverage of the Western Conference match staged at Rogers Arena. Face-off **2.00am**.
5.00 **to 6.00** AM **Skateboarding**

Premier Sports 2

420 552

6.00 AM **Football's Greatest**
6.30 **NASCAR Trucks**
9.30 **Temples of Sport**
10.00 **Bike World** Magazine.
10.30 **NHL Ice Hockey** New York Rangers v Ottawa Senators.
12.30 PM **Football's Greatest**
1.00 **LaLiga** Espanyol v Getafe. **3.00** Osasuna v Girona.
5.00 **Eredivisie** Another chance to see Groningen v AZ Alkmaar.
7.00 **Football's Greatest**
7.30 **NHL Tonight** Top 10 goalies.
8.30 **Elite Ice Hockey League** Glasgow Clan v Belfast Giants.
10.30 **NHL: This is Hockey**
11.00 LIVE **NHL Ice Hockey Montreal Canadiens v Carolina Hurricanes.** Coverage of the Eastern Conference match from Bell Centre. Face-off **11.00pm**.
2.00 AM **Temples of Sport**
2.30 **NHL Tonight** Top 50 players.
3.30 **Top 14 Rugby Union**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

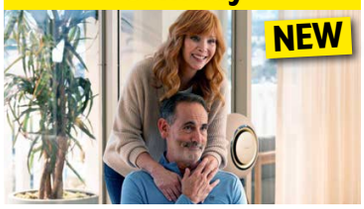
6.00 AM **Formula 1** Highlights.
10.00 **Indycar** Recent action.
1.00 PM **Formula 1** Australian Grand Prix staged at Albert Park Circuit.
3.15 **Ted's Notebook**
3.45 **F1 Feature**
4.00 **Formula 1** Chinese Grand Prix.
6.15 **Ted's Notebook**
6.45 **F1 Feature**
7.00 **Formula 1** The 2015 Japanese Grand Prix at Suzuka Circuit. **8.00** Japanese Grand Prix 2016. **9.00** Japanese Grand Prix 2017. **10.00** The 2018 Japanese Grand Prix at Suzuka Circuit. **11.00** The 2019 Japanese Grand Prix from Suzuka Circuit.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 25 March

Evening Planner

Comedy

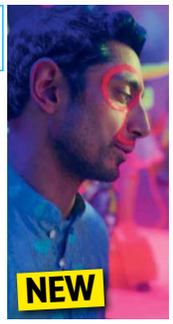


The Comeback
Sky Comedy, 9pm
Valerie Cherish (Lisa Kudrow) makes the ultimate comeback for a third and final season, 10 years on from the second.

OnDemand

Daredevil: Born Again
Available today
Masked vigilante Matt Murdock takes a stand against Wilson 'Kingpin' Fisk, as the fantasy returns.

OnDemand



Bait
Available today
Riz Ahmed created, wrote and stars in this comedy, as an actor who gets the opportunity of a lifetime.

OnDemand

Pretty Lethal
Available today
A group of rival ballerinas have to fight for their lives in this action thriller starring Uma Thurman.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Ambulance		10.00 News; Local News	
	102 BBC2	7.00 Great British Menu		8.00 Digging for Britain		9.00 QI XL	9.45 Captive Audience: A Real...		10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Celebrity Lingo	8.00 Emmerdale	8.30 Coronation...	9.00 The Stolen Girl		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Help! I Bought it at Auction with...		9.00 A Woman of Substance		10.00 Moors Murders: The Witness	
	105 5	7.00 Celebrity Puzzling		8.00 Alice Roberts: Our Hospital Through...		9.00 Warship: Life on the Frontline			10.30 A&E After Dark
	106 SKY ONE	7.00 The Simpsons		8.00 A League of Their Own		9.00 Micky Flanagan – An' Another Fing Live			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 The Apprentice		10.00 Boarders	
	116 BBC4	7.00 Fred Dibnah's...	7.30 Wainwright...	8.00 My Garden of a Thousand Bees		9.00 Secrets of Size: Atoms to Supergalaxies		10.00 This Life	
	118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen		10.00 Family Guy	
	136 MORE4	‹ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 Grand Designs		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Beyond Chelsea		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Blue Bloods			
	108 SKY ATLANTIC	‹ 6.10 Game of Thrones				9.00 The White Lotus			
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey			10.15 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Endeavour	
	120 ITV4	7.00 Gallagher PREM Unleashed		8.00 Junk & Disorderly		9.00 Film: Moonraker			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 NCIS: Sydney		10.00 Death in Paradise	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Beyond the Brush		9.00 Art's Wildest Movement: Mannerism		10.00 Welcome to the Eighties	
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 Psychopath with Piers Morgan		10.00 Stacey Dooley Sleeps Over	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers						10.00 Truck Dynasty	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Rugged Justice		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Decoding History's Prophecies		9.00 Elizabeth I: The Secret Life		10.00 Drain the Oceans: Secrets of the...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Strange Evidence		9.00 The Curse of Oak Island		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Wilderness with Simon Reeve		8.00 Train Truckers		9.00 David Jason's Great British Inventions		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 Hitsville: The Making of Motown				9.00 The Crime of the Century			
FILMS - Sky Cinema	301 PREMIERE	‹ 5.50 On Swift Horses		8.00 Nobody 2			9.35 Jurassic World: Rebirth		
	302 ADVENTURE	‹ 5.35 Ready Player One		8.00 Aquaman					10.25 Venom
	303 FUN	‹ 6.00 Back to the Future		8.00 Back to the Future Part II				9.50 Back to the Future Part III	
	307 GREATS	‹ 6.10 Beverly Hills Cop		8.00 Beverly Hills Cop II			9.45 Beverly Hills Cop 3		
	312 ANIMATION	‹ 6.00 Dog Man	7.40 Transformers One				9.35 Turbo		
	304 FAMILY	‹ 6.00 Stuart Little	7.30 Stuart Little 2			8.55 The Witches			10.30 The Hobbit...
	306 ACTION	‹ 5.05 Mission: Impossible – The Final...		8.00 Uncharted				10.00 Furiosa: A Mad Max Saga	
	308 COMEDY	‹ 6.00 Miss Congeniality		8.00 Miss Congeniality 2: Armed and Fabulous				10.00 Bridget Jones's Baby	
	309 THRILLER	‹ 6.00 The Bikeriders		8.00 Speak No Evil				10.00 Hannibal	
	310 DRAMA	‹ 6.10 Burning an Illusion		8.00 Cool Hand Luke					10.10 Legends of the Fall
	311 SCI-FI	‹ 6.05 Evolution		8.00 Cloverfield			9.35 10 Cloverfield Lane		
	313 FILM4		7.10 Made in Italy			9.00 Carlito's Way			
SPORT	401 MAIN EVENT	‹ 4.30 Tennis – Live: The Miami Open							
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 Netbusters	8.00 PL Review		9.00 PL Stories	9.30 Netbusters	10.00 Transfer 360	
	403 FOOTBALL	7.00 WSL	7.30 EFL Highlights		8.30 EFL One Goals		9.30 Bundesliga Highlights Show		10.30 WSL
	405 CRICKET	‹ 6.00 IPL							10.30 Best of ICC...
	410 TNT SPORTS 1	7.00 Ultimate Pool			8.30 PL Reload	9.00 MotoGP Highlights		10.00 International T20 Cricket Highlights	
	411 TNT SPORTS 2	7.00 International T20 Cricket Highlights		8.00 Discovery Golf	8.30 Serie A – Full...	9.00 NWSL			

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** New edition From Yorkshire. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Just One Thing** New edition 3/12. Zoe Ball shows a charity worker the benefits of gardening. (S)(AD)
2.30 **Installation of the Archbishop of Canterbury** The service from Canterbury Cathedral as Dame Sarah Mullally is enthroned as the 106th Archbishop of Canterbury. (S)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Ambulance

7 PM
7.00 **The One Show** Clara Amfo and Vernon Kay present the topical show. (S)
7.30 **EastEnders** The Slaters put on a show of family unity, Vinny makes a gesture, and Bea attempts to garner sympathy. (S)(AD)

8 PM
8.00 **The Repair Shop** New edition Tim Gunn tries to make a unicycle roadworthy once more, Mark Stuckey is entrusted with a 1980s boombox cassette player, and Brenton West works on a brass plate Edwardian camera. (S)(AD)

9 PM
9.00 **Ambulance** New edition 3/6. Central Leeds crew Nagina and Mo are called to a siege where police are negotiating with a man who is threatening to harm himself and the officers attending. (S)

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM I Wanna Dance with Somebody** Biopic starring Naomi Ackie. In 1980s New Jersey, Whitney Houston performs in the choir directed by her mother Cissy, a professional soul and gospel singer. A carefully orchestrated first encounter with influential record producer Clive Davis sets Whitney on the path to stardom. With Stanley Tucci and Nafessa Williams. (S) (2022, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.00 AM **Just One Thing** (S)(R)(AD)
6.30 **The Repair Shop on the Road** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Great British Menu** (R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Game show. (S)(R)
1.45 **The Tournament** Quiz. (S)(R)
2.30 **Chess Masters: The Endgame** (R)
3.00 **Clive Myrie's Italian Road Trip** (R)
3.30 **Big Little Journeys** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** The team visit Birmingham. (S)(R)
5.15 **Flog It!** Paul Martin hosts from Oxburgh Hall in Norfolk. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Amy Gledhill, Jacqui Joseph, Laurence Llewelyn-Bowen and Tim Vine. (S)
6.30 **Do You Know Your Place?** New edition From Leicester. (S)

9.45 Captive Audience

7.00 **Great British Menu** New edition The remaining chefs from north east England and Yorkshire cook their mains and desserts, including a dish using duck, fresh fig and king oyster mushrooms. (S)(AD)
■ Continues tomorrow

8.00 **Digging for Britain** Alice Roberts and the team examine a Roman fort on Hadrian's Wall, evidence of early writing by the Picts in Scotland, and a 3,000-year-old Bronze Age coffin buried under a golf course. (S)(R)(AD)

9.00 **QI XL** Panellists Maisie Adam, Jack Dee, Kiri Pritchard-McLean and Alan Davies try to answer Sandi Toksvig's questions on the theme of visual. (S)(R)
9.45 **NEW SERIES Captive Audience: A Real American Horror Story** *Chapter One – Steven's Story:* 1/3. Documentary about the kidnapping of seven-year-old Steven Stayner in 1972. (S)(AD)
■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.05 **Unspun World with John Simpson** The BBC's world affairs editor reflects on the week's major global news stories. (S)
11.30 **FILM The Duchess** Historical drama with Keira Knightley, Ralph Fiennes and Dominic Cooper. (S)(AD) (2008, 12, 100min) ★★★★
1.10 AM **Sign Zone: Europe on the Edge with Katya Adler** (S)(R)(AD)
2.10 **Sign Zone: The Walsh Sisters** (R)
3.05 **Sign Zone: Global Eye** (S)(R)
3.35 **to 6.45** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity special, with Bill Bailey, Kathy Burke and Gok Wan trying to guess well-known phrases to win £50,000 for charity. (S)(R)(AD)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7.30 **Celebrity Lingo** New edition Adil Ray hosts the word-based quiz show as actor Natalie Cassidy and TV presenter Angellica Bell take on athletes Jonnie Peacock and Greg Rutherford for charity. (S)

8.00 **Emmerdale** Charity is concerned, and when Cain has a fit of rage, she tries to reassure him. (S)(AD)
8.30 **Coronation Street** Theo suggests to Todd they get married right away, and Bernie has divided loyalties. (S)(AD)

9.00 **The Stolen Girl** Series finale 5/5. The story flashes back five years to Elisa's experience on the day of the car accident. In the present day, a traumatised Nina returns to central Toulon. (S1) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **The Jonathan Ross Show** With Ruth Jones, Rachel Zegler, Alison Hammond, Sarah Michelle Gellar and The Molotovs. (S)(R)
12.40 AM **Gallagher PREM Unleashed** The 11th round of fixtures. (S)(R)
1.05 **Teleshopping**
3.00 **Tonight: Supermarket Prices – Does Loyalty Pay?** (S)(SL)(R)
3.25 **Ainsley's Taste of the Bahamas** (R)
3.50 **Unwind with ITV** (S)
4.30 **to 6.00** AM **Oscars Highlights** (R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 26-28/28. (S11) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 20-23/24. (S6) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** In Georgetown, Texas. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **Matt Baker: Our Farm in the Dales** 4/6. Documentary. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition From Impossible Motel in York. (S)
5.30 **Come Dine with Me** New edition Barber Natalia plans a 1990s-themed evening on night three. (S)
6.00 **A Place in the Sun: What Happened Next?** New edition Revisiting two best friends at their olive grove house on Corfu. (S)

8.00 Help! I Bought it at Auction

7.00 **News** (S)

8.00 **NEW SERIES Help! I Bought it at Auction with Sarah Beeny** 1/6. The experiences of people who have bought homes at auction, including a house with unexpected pitfalls in Guildford and a creaky seven-bedroom B&B in Cornwall. (S)(AD)

9.00 **A Woman of Substance** New episode 5/8. Emma's new shop is flourishing, as is romance with David – forcing her to choose between love and revenge. (S1) (S)(AD)
■ Continues tomorrow

10.00 **Moors Murders: The Witness** 1/3. Analysis of never-before-seen letters from Ian Brady and Myra Hindley, written over their five decades in prison, and personal accounts from those who knew them. (S)(R)(AD)
11.05 **Moors Murders: The Lost Letters** 2/3. Police find a tape recording of a girl being tortured. (S)(SL)(R
12.05 AM **Moors Murders: The Trial** 3/3. The killers are tried. (S)(SL)(R)
1.05 **Ramsay's Hotel Hell** (S)(SL)(R)(AD)
1.55 **The Hunt: Prey vs Predator** (S)(R)
2.50 **George Clarke's Old House, New Home** (S)(SL)(R)(AD)
3.45 **Sunday Brunch** (S)(R)
4.00 **Stacey Solomon's Renovation Rescue** (S)(SL)(R)(AD)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Murder Most Puzzling** 3/3. A rock star's arrival in Bakerbury sets off a dramatic chain of events that tests loyalties, unearths secrets and shakes the town to its core. (S1) (S)(R)
5.00 **News** (S)
6.00 **Love Nature** New edition A look at the rivers of the Cairngorms, which are alive with wildlife. (S)
6.05 **Susan Calman's Grand Day Out** The comedian explores the South Scottish Glens, before visiting the Isle of Arran. (S)(R)
6.55 **News** (S)

9.00 Warship: Life on the Frontline

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts, with guests Jenny Ryan and Jonnie Peacock joining team captains Sally Lindsay and Carol Vorderman. (S)
7.55 **News** (S)
8.00 **Alice Roberts: Our Hospital Through Time** Series finale 6/6. Alice meets patient Matthew who has a rare form of cancer, called neuroendocrine cancer, and investigates the history of hospital food. (S)
9.00 **NEW Warship: Life on the Frontline** Former Royal Marine JJ Chalmers is given access to the Royal Navy's flagship, HMS *Prince of Wales*, to reveal how the crew live and work on this powerful British warship. (S)
10.30 **A&E After Dark** In Birmingham A&E, tensions flare when a man suffering from alcohol withdrawal punches a nurse. Security steps in to restore order, but the team must still focus on providing him with the care he needs. (S)(R)
11.30 **Ambulance: Code Red** A hay bale lands on a farmer's head in a remote location. (S)(R)(AD)
12.30 AM **Car Pound Cops** (S)(R)
12.50 **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.30 **A&E After Dark** (S)(R)
4.10 **Friends** (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S2) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Global Adventure: Home Planet** Documentary. (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S14) (S)(R)
3.00 **S.W.A.T.** 22/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 20/28. Michael plans to celebrate his 15th anniversary at Dunder Mifflin with a party. (S)(R) **6.30** 21/28. Michael becomes increasingly careless under pressure. (S5) (S)(R)

8.00 A League of Their Own

7.00 **The Simpsons** *Principal Charming:* Homer plays matchmaker for Marge's sister Selma. (S)(R) **7.30** *Oh Brother, Where Art Thou?:* Homer learns he has a long-lost half-brother and tracks him down. (S)(R)
8.00 **A League of Their Own** Guests Dan Burn, Patrice Evra and Maisie Adam join host Romesh Ranganathan and regulars Jill Scott, Jamie Redknapp and Micah Richards on the sport-based comedy quiz. (S)(R)(AD)
9.00 **Micky Flanagan: An' Another Fing Live** A stand-up show recorded at London's O2 Arena, with the Cockney comedian covering topics from the French and marriage, to Saga holidays with his dad and his love of Mary Berry. (S)(R)
10.45 **Never Mind the Buzzcocks** Greg Davies hosts as Natasha Bedingfield, Sam Ryder and all the members of Five join team captains Noel Fielding and Sophie Willan and regular panellist Jamali Maddix. (S)(R)(AD)
11.30 **Grimm** 22/22. The latest case offers Nick the chance to discover how his parents were murdered, as Hank comes to terms with the existence of the supernatural. (S1) (S)(R)
12.30 AM **Police 24/7** (S)(R)
1.30 **The Force: Manchester** (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S1) (S)(R)
4.00 **S.W.A.T.** 22/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.15am Bargain Hunt **12.00noon-1.00pm** First Minister's Questions **10.40pm** Debate Night **11.40** Scotcast **12.10am** FILM I Wanna Dance with Somebody (2022, 12, 135min) ★★★★ **2.25** Weather for the Week Ahead **2.30-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Nolan Live **11.40** FILM I Wanna Dance with Somebody: As Scotland. **1.55-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
8.00pm Feast of Football **8.30-9.00** The Prisoner of Portmeirion – Our Lives **10.40** Walescast **11.15** FILM I Wanna Dance with Somebody: As Scotland. **1.30-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
9.45pm The Chronicles of Strangford **10.00-10.30** Ronan Keating's Wild Atlantic **11.05** Captive Audience: A Real American Horror Story **11.50** Unspun World with John Simpson **12.20am** Inside No. 9 **12.50-1.10am** BBC News

WALES
Sky 968, Freesat 968
8.00-9.00pm The Repair Shop

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Cwsg i Quinnell **12.30** Heno **1.00** Teulu Shadog: Tymhorau'r Flwyddyn **1.30** Y Sioe Fwyd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Craig Bellamy: Byd y Bel a Mi **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cegin Bryn: Y Dosbarth Meistr **6.30** Rownd a Rownd **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Y Deis **8.55** Newyddion a'r Tywydd **9.00** Stori'r Iaith **10.00** Noson Lawen **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr!

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall reveals his techniques for tracking animals. **7.30** A special programme going behind the scenes.
8.00 **Top Gear** The presenters each buy a classic car at auction for under £3,000, before taking the vehicles to Majorca to compete in a rally.
9.00 **The Apprentice** 8/13. After a poor showing in the first episode, the candidates are given a chance to redeem themselves with another discount buying task – this time in the Isle of Wight.
10.00 **Boarders** 3/6. Femi tries to make a good impression with Cheddar's father. **10.45** 4/6. It's the day of the election, and Femi prepares to take on Cheddar. (S1)
11.35 **The Trials of Pa Salieu** The musician tries to rebuild his career after prison.
12.20 AM **Top Gear** As 8.00pm.
1.20 **P Diddy: The Rise and Fall** Documentary.
2.20 **to 3.55** AM **Funboys**

BBC4

116 119 107/108 9/24 106 108 11

7.00 PM **Fred Dibnah's Magnificent Monuments** Fred Dibnah visits Hampton Court Palace and Cragside.
7.30 **Wainwright Walks: Coast to Coast** From Richmond to the North York Moors.
8.00 **My Garden of a Thousand Bees** The work of wildlife film-maker Martin Dohrn.
8.50 **100 Great Paintings: Stubbs – The Grosvenor Hunt** A look at George Stubbs' 1762 painting.
9.00 **Secrets of Size – Atoms to Supergalaxies** 2/2. Exploring the largest known cosmic structures.
10.00 **This Life** 3&4/11. (S1)
11.25 **Booze, Beans & Bhajis: The Story of the Corner Shop** *Timeshift* documentary.
12.25 AM **The Girl Who Talked to Dolphins** Documentary.
1.25 **Fred Dibnah's Magnificent Monuments**
1.55 **Wainwright Walks: Coast to Coast** As 7.30pm.
2.25 **to 3.25** AM **Secrets of Size – Atoms to Supergalaxies**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw work on a Bond Bug three-wheeler. **5.50** Tim and Fuzz restore a 1988 Fiat Uno Turbo.
6.50 **Location, Location, Location** Kirstie Allsopp and Phil Spencer come to the aid of house-hunters in Warrington and Liverpool
7.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer travel to the village of Clifford, West Yorkshire, to meet a couple who are unsure whether to sell or upgrade their house.
9.00 **Grand Designs** A couple plan to build a four-bedroom home made of stone and zinc in the rolling hills of West Yorkshire with accessibility being the main priority.
10.00 **24 Hours in A&E** A 23-year-old groom-to-be is examined at hospital following an epileptic seizure that lasted most of the night.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Documentary.
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Strangers on a Plane**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight...**
11.35 **First Dates**
12.35 PM **Ramsay's Kitchen Nightmares USA**
1.30 **The Simpsons**
2.30 **Modern Family**
3.30 **Married at First Sight Australia** Reality series.
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons** Double bill.
7.00 **Hollyoaks** A turn of events puts all eyes on Mercedes.
7.30 **Married at First Sight Australia** New edition Intimacy Week reaches boiling point as one relationship threatens to implode.
9.00 **Beyond Chelsea** Series finale 2/2. Tensions rise between Lucy and Rosie.
10.05 **Gogglebox** Famous faces including Bob Mortimer join the armchair critics to share their opinions in support of Stand Up to Cancer.
11.05 **First Dates** Dating show.
12.05 AM **Naked Attraction**
1.10 **Married at First Sight Australia** As 7.30pm.
2.45 **Beyond Chelsea**
3.40 **Gogglebox**
4.30 **Modern Family**
4.55 **to 6.00** AM **The Goldbergs**

Wednesday

primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Brit Cops: Rapid Response**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 10/22. (S7)
1.00 PM **The Rookie** 11/14. Professor Ryan's car window is smashed. **2.00** 12/14. Nolan and his ex-wife come together when their son is hospitalised. (S3)
3.00 **Law & Order: Criminal Intent** 12/21. The team investigate a woman's lust for fame. (S3)
4.00 **Nothing to Declare**

9.00 Blue Bloods

7 PM — **7.00** **Police 24/7** Focusing on how law enforcement deals with the growing problem of illegal substances on the streets.

8 PM — **8.00** **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM — **9.00** **Blue Bloods** *USA Today:* 7/20. Danny and Baez's attempts to find who assaulted a shop owner are hindered.

10 PM — **10.00** **Blue Bloods** *Reality Check:* 8/20. Danny partners with Anthony in an attempt to solve a double homicide. (S12)
11.00 **The Rookie** 8/18. (S7)
12.00 M'T **FBI** 7/22. (S7)
1.00 AM **Matlock** 7/19. (S1)
2.00 **FBI** New episode 8/22. (S8)
3.00 **Doc** 13/22. (S2)
4.00 **Highway Cops**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Game of Thrones** (S7)
1.05 PM **Game of Thrones** 1/6. The Stark children are finally reunited in Winterfell. **2.10** 2/6. Jaime is confronted with the consequences of his past mistakes. **3.15** 3/6. The army of the dead reach Winterfell. **4.45** 4/6. After the Battle of Winterfell, Jon and Daenerys look to the south. **6.10** 5/6. Daenerys brings her forces to King's Landing. (S8)

9.00 The White Lotus

7.35 **Game of Thrones** *The Iron Throne:* 6/6. In the aftermath of the battle at King's Landing, Daenerys declares her intentions for Westeros, and Tyrion faces the consequences of his actions. (S8)

9.00 **The White Lotus** *The Lotus-Eaters:* 5/6. Belinda tries to redirect Tanya's focus to her business proposal.

10.10 **The White Lotus** *Departures:* 6/6. Rachel shares some harsh truths with Shane and confides in Belinda. (S1)
11.30 **House of the Dragon** 1/8. Alicent grows concerned by Aegon's Small Council. **12.30** AM 2/8. Rhaenyra questions Daemon's loyalty. **1.45** 3&4/8. (S2)
4.05 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.20 **Real Housewives of Atlanta**
11.15 **Real Housewives of Beverly...**
12.10 PM **Ant & Dec's Limitless Win**
1.10 **Wheel of Fortune**
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Atlanta**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Wheel of Fortune

7.00 **Wheel of Fortune** Graham Norton hosts as contestants compete for the chance to spin the wheel and win big money.

8.00 **Ant & Dec's Limitless Win** Two firefighters are confident that they can handle the pressure of the Limitless Ladder.

9.00 **Hell's Kitchen** New edition 3/16. The remaining contestants undertake a speed breakfast showdown.

10.00 **Family Guy** New episode 3/22. Peter swaps lives with a US Supreme Court Justice. (S23) **10.30** 5/20. Peter and Quagmire mimic each other's behaviour. (S20)
11.00 **Family Guy** 22/23. (S10)
11.30 **American Dad!** (S17&16)
12.35 AM **Bob's Burgers** (S14)
1.30 **Deal or No Deal**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.20 PM **Midsomer Murders** *The Maid in Splendour:* A barman from the Maid in Splendour is shot while out walking.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Primal Instinct:* Nick risks his career to ensure justice is done in a case.

8.00 Grace

6.55 **Heartbeat** *Keep on Running:* Nick and Kate's relationship suffers when he is offered a promotion and gets arrested.

8.00 **Grace** *Need You Dead:* The murder of a woman discovered in her flat initially presents as a break-in gone wrong, but soon appears to be something more and leads Grace to question whether it was targeted.

10.00 **Endeavour** *Lazaretto:* Morse is assigned to protect an informant who is undergoing emergency surgery, and becomes fixated on a series of deaths that have occurred in the hospital.
11.50 **A Touch of Frost** *Another Life:* A body is found in the canal.
1.55 AM **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **The Big Match Revisited**
8.00 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **BattleBots**
1.30 **Magnum, PI**
2.35 **Kojak**
3.40 **Boon**
4.50 **The Sweeney**
5.55 **Minder** *A Number of Old Wives' Tales:* Arthur and Terry attend Clive's wedding.

11.35 Kill Bill: Vol 2

7.00 **Gallagher PREM Unleashed** Action from the 11th round of fixtures, including Bath v Saracens at the Recreation Ground.

8.00 **Junk & Disorderly** Henry Cole, Allen Millyard and Guy Willison find a pair of 1940s motorbikes.

9.00 **FILM Moonraker** James Bond adventure starring Roger Moore. Agent 007 investigates the disappearance of a space shuttle and meets another megalomaniac bent on world domination. (1979, PG, 126min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **FILM Kill Bill: Vol 2** The concluding half of Quentin Tarantino's epic action thriller starring Uma Thurman. (2004, 18, 136min) ★★★
2.00 AM **Minder**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** Mark and Andrew head to Assynt to seek out the Northern Lights.
8.00 **The Singer Story: Made in Clydebank** The story of the Singer sewing machine and its impact across the world.
9.00 **Debate Night** Topical discussion on the big issues affecting Scotland and beyond.
10.00 **River City** New episode Lydia is concerned when Amber neglects The Oyster and takes matters into her own hands.
10.30 **Jules and Greg's Wild Swim** Series finale 5/5. The couple brave the waters of Garlieston Bay and Mossyard Beach.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Not Your Average Family**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sex and the City**
1.05 PM **Sex and the City**
5.50 **Sex and the City** 16/20. Samantha tries a new hairstyle. **6.25** 17/20. Carrie and Aleksandr bed down. **7.00** 18/20. Aleksandr meets Carrie's friends. **7.35** 19/20. Carrie leaves New York. **8.10** 20/20. Carrie has a stilted dinner with Aleksandr's ex-wife. (S6)
9.00 NEW SERIES **The Comeback** 1/8. Return of the comedy starring Lisa Kudrow. Valerie enters the world of AI comedy. *See feature, page 6.* (S3)
9.40 **Last Week Tonight with John Oliver** Talk show.
10.25 **Ellen DeGeneres: Here and Now** Stand-up.
11.30 **Chris Rock: Kill the Messenger** Stand-up.
1.00 AM **Sex and the City**
2.30 **Barry** 6-8/8. (S2)
4.20 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Darbar Festival**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Art's Wildest Movement**
3.00 **The Art Mysteries**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Beyond the Brush** New editions Double bill.
9.00 **Art's Wildest Movement**
10.00 **Welcome to the Eighties**
11.15 **Boy George & Culture Club** Profile of the band.
1.15 AM **Classic Albums**
2.15 **The Strange Case of Dr Jekyll and Mr Hyde**
4.00 **Sky Arts Book Club**
5.00 **Inside Art Special: Alberta Whittle at Venice Biennale**
5.30 **to 6.00** AM **Inside Art: Barbara Hepworth**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 8/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** 9/26. (S1)
8.00 **Nothing to Declare**
9.00 **The Rookie** 13&14/20. Double bill. (S2)
11.00 **Star Trek: Enterprise** *Fight or Flight:* 3/26. (S1)
12.00 M'T **Warrior** 2/10. (S3)
1.10 AM **The Force: Manchester**
2.05 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Wheel of Fortune** Graham Norton hosts as an accountant, a primary school teacher and a care home assistant take part in the quiz.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Chris tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Beat the Chasers** Bradley Walsh hosts as people from across the country compete against the most formidable quiz team on TV.
10.00 **Tipping Point** Triple bill.
12.50 AM **Tenable** Quiz show.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location** From London.
10.00 **Stacey Solomon's Renovation Rescue**
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From France.
1.00 PM **A Place in the Sun**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **George Clarke's Old House, New Home**
7.00 **The Race for Ancient Egypt in Colour** 2/2. Howard Carter returns to Tutankhamun's tomb.
8.00 **The Roman Empire by Train with Alice Roberts** From Tarragona.
9.00 **Bill Bailey's Vietnam** Bill heads north to Hanoi, Vietnam's capital.
10.00 **The Hunt: Prey vs Predator** Triple bill.
1.20 AM **Gogglebox**
3.20 **to 5.00** AM **Ramsay's Hotel Hell**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 1/26. (S7)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 2/26. (S7)
2.00 **Warehouse 13** 2&3/13. (S2)
4.00 **Stargate SG-1** 20/22. (S3)
5.00 **Star Trek: Voyager** 4/26. (S3)
6.00 **Star Trek: The Next Generation** 1/26. Part two of two. Data's malevolent brother Lore persuades him to join forces with the Borg. (S7)

7.00 Star Trek: Deep Space Nine

7.00 **Star Trek: Deep Space Nine** *Shadows and Symbols:* 2/26. Part three of three. Kira faces Romulan opponents. (S7)
8.00 **Stargate SG-1** *Maternal Instinct:* 20/22. The team race against Apophis to find a being with incredible powers. (S3)
9.00 **Grimm** *Danse Macabre:* 5/22. Nick and Hank investigate the death of a popular music teacher eaten by rats.
10.00 **Grimm** *The Three Bad Wolves:* 6/22. A mysterious biker has a connection to a series of explosions. (S1)
11.00 **The Walking Dead** 3/6. (S1)
12.00 M'T **Warehouse 13** 2/13. A vigilante uses extraordinary means to thwart criminals. **1.00** AM 3/13. The residents of Univille experience a series of bizarre events. (S2)
2.00 **The Walking Dead** As 11pm.
3.00 **Reginald the Vampire** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 15/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S2)
1.00 PM **Death in Paradise** (S8)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 15/23. (S1)
5.00 **Hudson & Rex** 4/16. A university professor is found dead in his classroom. (S1)
6.00 **My Life Is Murder** 3/10. Alexa's personal and professional lives collide when she looks into the death of a drag queen. (S2)

9.00 NCIS: Sydney

7.00 **Father Brown** *The Cat of Mastigatus:* An investigation gets under way when a girl is left for dead at a school fete.
8.00 **Death in Paradise** *Murder Most Animal:* 2/8. The local zoo owner is killed by a tranquilliser dart. (S8)
9.00 **NCIS: Sydney** New episode *Doggieccino Day Afternoon:* 5/8. The team race to save one of their own. (S1)
10.00 **Death in Paradise** *Pilot of the Airwaves:* 1/9. A TV news presenter is found dead in her pool. (S10)
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise**
1.00 AM **My Life Is Murder**
2.00 **We Hunt Together** 4/6. Freddy's games with the Birdman take a turn. (S2)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.10 **Are You Being Served?**
9.50 **Last of the Summer Wine**
11.00 **Dad's Army**
11.40 **Porridge**
12.20 PM **Keeping Up Appearances**
1.00 **The Green Green Grass**
1.40 **Dad's Army**
2.20 **Hi-de-Hi!**
3.00 **Are You Being Served?**
3.40 **Porridge**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

5.00 Last of the Summer Wine

7.00 **Porridge** The inmates are horrified to discover there is a thief at large.
7.40 **Dad's Army** The platoon prepare for an official visit by a French general.
8.20 **Are You Being Served?** The staff complain when they are expected to attend a conference.
9.00 **Gavin & Stacey** The happy couple return from their honeymoon. **9.35** The couple have their first lovers' tiff.
10.15 **Men Behaving Badly** Deborah and Dorothy take a weekend break.
10.55 **Harry Enfield's Television Programme** Sketch show.
11.35 **Gavin & Stacey** Double bill.
12.55 AM **Men Behaving Badly**
1.35 **Hi-de-Hi!** Joe Maplin decides Gladys should be promoted.
2.25 **Harry Enfield's Television Programme** As 10.55pm.
2.55 **Don't Wait Up**
3.30 **to 4.00** AM **Ghosts**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Border Force: America's Gatekeepers**
8.00 **Cops on the Rock**
10.00 **Railroad Australia**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The history of famous pies.
6.00 **Rick Stein's Mediterranean Escapes** The seafood chef joins a family feast in Corfu.

5.00 Hairy Bikers' Best of British

7.00 **Would I Lie to You?** With Chizzy Akudolu, Simon Gregson, Michelle Visage and Henning Wehn.
7.40 **Richard Osman's House of Games** With Jessica Knappett and Rob Rinder. **8.20** With Steve Cram, Lloyd Griffith, Jeanette Kwakye and Josie Long.
9.00 **QI XL** Nabil Abdulrashid, Bill Bailey, Victoria Coren Mitchell join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got a Bit More News for You** Phil Wang hosts the quiz, with guest panellists Ruth Davidson and Richard Osman.
11.00 **Taskmaster** It's time for the Grand Final, which features peas, teas and absent keys.
12.00 M'T **Mock the Week** With Ed Byrne and Milton Jones, Russell Kane and Zoe Lyons.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Hypothetical**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.45 **The Bill**
8.40 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **All Creatures Great and Small** Calum receives a visit from Molly McFeely.
3.15 **Howards' Way**
4.25 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

8.00 The Marlow Murder Club

7.20 **Last of the Summer Wine** Convinced that Nelly is his mother, Hobbo sends Howard to eavesdrop on her and Pearl.
8.00 **The Marlow Murder Club** New episode *Murder in the Dark – Part One:* 3/6. A man is killed at a university reunion.
9.00 **The Marlow Murder Club** New episode *Murder in the Dark – Part Two:* 4/6. Judith and Suzie work with the police. (S3)
10.00 **New Tricks** *Casualty:* Sandra takes drastic measures to stop Jack exacting revenge on a hit-and-run driver.
11.20 **The Inspector Lynley Mysteries** *A Cry for Justice:* Havers goes undercover.
1.20 AM **All Creatures Great and Small** Rural drama.
2.30 **Birds of a Feather**
3.05 **to 4.00** AM **The Marlow Murder Club**

+1 hour 243 316 60 260

Wednesday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 5-7/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Two-Faced:* 20/24. The investigators worry Gibbs is about to leave the NCIS again. **7.00** *Dead Reflection:* 21/24. A navy lieutenant is found dead in the Pentagon's custodial closet, and CCTV indicates she was killed. **8.00** *Baltimore:* 22/24. Tony's old partner is killed, raising fears that the port-to-port killer has struck again. (S8)
9.00 **Criminal Minds** *Face Off:* 9/10. The BAU team set out on an manhunt to capture serial killer Everett Lynch. (S15)
10.00 **Law & Order: Special Victims Unit** (S24&23)
1.50 AM **NCIS** 10/20. (S22)
2.40 **Law & Order** (S24)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dogs Behaving (Very) Badly**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Call the Bailiffs: Time to Pay Up**
9.00 **FILM About a Boy** Comedy drama starring Hugh Grant as a man who reluctantly gets involved in the lives of a socially inept 12-year-old boy and his depressed mother. (2002, 12, 101 min) ★★★★
11.05 **Murder Suspect No 1**
12.05 AM **How I Murdered Mum & Dad: The Virginia McCullough Confessions**
1.35 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON **FILM Run for Cover** Western drama. (1954, PG, 92min) ★★
1.55 PM **FILM A Man Alone** Western with Ray Milland. (1955, U, 96min) ★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Reports come in of a cloned car with a balaclava-wearing driver in Newcastle.
9.00 **Traffic Cops: Pursuit Squad One** Paul Buckley races to intercept a suspected fraudster.
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 13/24. (S1)
12.00 M'T **Mud Mountain Haulers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **Gemma and Gorka: Life Behind the Lens**
7.00 **Tipping Point**
10.00 **Find It, Fix It, Flog It**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **999 Rescue Squad** An accident at an illegal off-road biking site leads to a rider needing hospital treatment.
9.00 **Psychopath with Piers Morgan** An interview with a man convicted of killing his sister when he was 13.
10.00 **Stacey Dooley Sleeps Over** Stacey joins former model Carla Bellucci on her 40th birthday.
11.00 **Prison Girls** Double bill.
1.00 AM **Louis Theroux: Under the Knife**
2.00 **to 3.00** AM **Emma Willis: Delivering Babies**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **Secrets and Spies: A Nuclear Game**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Adolf Hitler's War**
5.00 **Secrets and Spies: A Nuclear Game**
6.00 **Antiques Roadshow**
7.00 **Wilderness with Simon Reeve** The Kalahari.
8.00 **Train Truckers** An iron workhorse is hauled from Staffordshire to Oxfordshire.
9.00 **David Jason's Great British Inventions**
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Retro Electro Workshop**
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** With Mica Paris.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family: What Happened Next**
6.00 **The Yorkshire Auction House** Angus visits a home with a pub inside. **7.00** A woman wants to fund her mother's care.
8.00 **Antiques Road Trip** Margie Cooper and Tim Medhurst's search takes them to the Isle of Man.
9.00 **Who Do You Think You Are?** Double bill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Great! TV
157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 5-7/22. (S2)
1.00 PM **The Waltons** (S5)
3.00 **Ballykissangel** (S4)
4.10 **Born and Bred** (S3)
5.20 **Bramwell** 3/7. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** (S4&5)
9.00 **Whatever Happened to the Likely Lads?** 10/13. Bob and Terry chat up a couple of girls. **9.40** 11/13. Mrs Chambers plans her daughter's wedding. **10.20** 12/13. On the eve of his wedding, Bob turns down the chance of going on a drunken rampage in favour of a quiet night in. (S1)
11.00 **The New Avengers**
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S4&5)
2.25 **Home to Roost** (S2)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action
323 319 426 42 33

9.00 AM **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON FILM **The War Lover** Drama starring Steve McQueen. (1962, b/w, PG, 105min) ★★★
2.20 PM FILM **Apache Ambush** Western starring Bill Williams. (1955, U, 68min) ★★
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S6)
9.00 FILM **Redemption Day** Action thriller starring Gary Dourdan. (2021, 15, 99min) ★★
11.10 FILM **End of a Gun** Action crime thriller starring Steven Seagal. (2016, 15, 87min) ★★
1.05 AM **The Baron** (S1)
2.05 **The New Avengers**
3.10 FILM **Red Headed Stranger** Western. (1986, 15, 105min) ★★
4.50 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery
321 318 425 50 48

8.10 AM FILM **Aurora Teagarden Mysteries: Honeymoon, Honeymurder** (2021)
10.05 **In Plain Sight** (S1)
11.05 **Castle** 23/23. (S7)
12.05 PM FILM **The Gourmet Detective: Death Al Dente** (2015, PG) ★★
2.00 **Diagnosis Murder** (S5)
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 1/22. (S8)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S2)
10.00 FILM **Picture Perfect Mysteries: Newlywed and Dead** Whodunit. (2019, PG, 90min) ★★
11.55 FILM **Garage Sale Mysteries: The Deadly Room** Drama. (2015, PG, 83min) ★★
1.50 AM FILM **Early Release** Thriller. (2017, PG) ★★
3.20 **to 5.00** AM FILM **Stealing Paradise** Thriller. (2011, PG) ★★★

+1 hour 322

Great! Romance
319 317 424 52 47

8.15 AM FILM **BFF Bride** Drama. (2019, PG) ★★
10.20 FILM **Sealed with a Kiss** Romantic drama. (2015, PG, 115min) ★★
12.15 PM FILM **The Presence of Love** Drama. (2022, PG, 84min) ★★
2.10 FILM **Key to Love** Drama. (2023, U, 90min) ★★
4.10 FILM **A Perfect Match** Drama. (2021, PG) ★★
6.05 FILM **Just for Showmance** Comedy. (2023, U, 83min) ★★
8.00 FILM **How to Win a Prince** Romance. (2023, U, 89min) ★★
10.00 FILM **A Christmas Exchange** Drama. (2020, PG, 87min) ★★
11.55 FILM **Once Upon a Christmas Miracle** Drama. (2018, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Key to Love** Drama. (2023, U, 90min) ★★

+1 hour 320

Together TV
170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Our Land**
12.15 PM **Great British Food**
12.45 **Edwardian Farm**
2.00 **My Floating Home**
3.00 **New Home DIY**
4.00 **Supermarket Secrets Revealed**
5.00 **Highclere: The Real Downton Abbey**
6.00 **The Greatest Auction**
7.00 **Garden Rescue** A fairy-tale garden.
8.00 **My Floating Home**
9.00 **Supermarket Secrets Revealed**
10.00 FILM **Come Play with Me** British comedy. (1977, 18, 90min) ★
12.00 M'T FILM **House of Whipcord** Horror. (1974, 18, 101min) ★★
2.00 AM **Greatest Auction**
3.00 **Highclere: The Real Downton Abbey**
4.00 **to 5.00** AM **Supermarket Secrets Revealed**

Rewind TV
182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Space 1999** 2/24. (S2)
11.05 **Shine on Harvey Moon**
12.10 PM **The Dustbinmen**
12.40 **Agony** (S3)
1.10 **Star Maidens** (S1)
1.40 **The Champions** (S1)
2.40 **Space 1999** 2/24. (S2)
3.45 **Hank the Cowboy**
4.00 **Walking Westward**
4.30 **Jack Hargreaves' Old Country** 16/20. (S3)
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S2)
6.30 **Star Maidens** (S1)
7.00 **Agony** (S3)
7.30 **The Gaffer** 5/7. (S3)
8.00 **The Champions** (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **Emmanuelle in Soho** (1981, 18) ★★
11.20 FILM **Death Screams** Horror. (1982, 18) ★★
1.10 AM **Stereo Underground**
2.10 **Mysterious Tales** (S1)
2.25 **The Rewind Jukebox**
3.25 **to 6.00** AM **Highlights**

DMAX
159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Maine Cabin Masters** New edition Chase and the team battle freezing temperatures.
10.00 **Barnwood Builders** New edition The guys turn a Kentucky two-story log cabin into a double-pen dogtrot and repair a timber frame barn from Pennsylvania.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid: Alone** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Jamie Oliver: Cooking for Less**
7.00 **Hairy Bikers Go North**
8.00 **The Pioneer Woman**
9.00 **Jamie's Quick & Easy Food** Double bill.
10.00 **Barefoot Contessa – Back to Basics**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's French Adventure**
3.00 **Hairy Bikers Go North**
4.00 **The Pioneer Woman**
5.00 **Jamie's Quick & Easy Food** Double bill.
6.00 **Barefoot Contessa – Back to Basics**
7.00 **The Great British Bake Off** Double bill.
9.00 **Paul Hollywood: City Bakes** Double bill.
10.00 **Jamie Oliver: Cooking for Less**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food Nation**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 7/22. (S6)
9.00 **T.J. Hooker** 3/5. (S1)
10.00 **The Invaders** (S2)
11.00 FILM **Mega Storm: Days of Destruction** Action sci-fi thriller. (2011, PG, 89min) ★★
1.00 PM **The Twilight Zone**
1.35 FILM **In Harm's Way** Epic war drama. (1965, b/w, PG, 160min) ★★
5.00 **Star Trek** 17/24. (S3)
6.00 **The Invaders** (S2)
7.00 **T.J. Hooker** 4/5. (S1)
8.00 **Walker, Texas Ranger**
9.00 FILM **Hunter Killer** Action thriller. (2018, 15, 121min) ★★★
11.30 FILM **Crank 2: High Voltage** Thriller sequel. (2009, 18, 91min) ★★
1.30 AM FILM **Never Let Go** Action thriller. (2015, 15, 90min) ★★
3.20 **to 5.00** AM FILM **The Internecine Project** Suspense thriller. (1974, 15, 89min) ★

Legend Xtra
317 316 171 69 138 51

9.00 AM FILM **The Land That Time Forgot** Fantasy. (2009, 12, 90min) ★★
11.00 **The Lost World** (S3)
12.00 NOON **King Solomon's Mines Part 1** Adventure.
2.00 PM FILM **Doomwatch** Ecological chiller starring Ian Bannen. (1972, 12, 92min) ★★★
4.00 **Walker, Texas Ranger**
5.00 **King Solomon's Mines Part 2** Adventure.
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** (S3)
9.00 FILM **Triple 9** Thriller starring Chiwetel Ejiofor. (2016, 15, 113min) ★★★
11.15 FILM **Mercenaries** Thriller with Billy Zane. (2011, 15, 97min) ★★
1.10 AM FILM **The Resident** Horror thriller. (2011, 15, 91min) ★★
3.00 **King Solomon's Mines Part 2** Adventure.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Storage Hunters**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Mountain Men**
12.10 PM **Swamp People**
1.05 **Storage Hunters**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **In Search of Aliens**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Paranormal: Caught on Camera** New editions
11.00 **The Proof Is Out There**
12.00 M'T **Mysteries from Above** Documentary.
1.00 AM **In Search of Aliens**
2.00 **Ancient Aliens**
3.00 **Mountain Men**
3.45 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **The Yorkshire Vet**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **The Great Plague with Rob Rinder & Ruth Goodman** Exploring the Great Plague of 1665.
10.30 **The Terracotta Army: The Discovery with Dan Snow** The historian investigates one of the greatest archaeological treasures ever discovered.
12.00 M'T **Wentworth Prison**
1.05 AM **Happy Campers: The Caravan Park**
3.10 **to 4.00** AM **Paul Martin's Antiques Showdown**

Challenge
130/131 116/117 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal** A Royal Fusiliers busby causes a stir in the salesroom in Lincoln.
12.00 NOON **Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank** Comedy quiz show.
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** Quiz show with Dan Lobb, Jodie Prenger, Chris Packham and Jennie McAlpine.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Quiz.
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly** (S2)
8.30 **Young Sheldon** (S3)
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly** (S2)
3.30 **Young Sheldon** (S3)
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 16/24. Howard is offered the chance to go back into space. (S7)
9.00 **Dr Pimple Popper: Breaking Out** New edition Anthony's thigh lump blocks his fresh start, and Mary's 70-year-old bump shocks doctors. **10.00** New edition Dr Lee and Lyndsey help David with a jaw lump, and Carla's bulge raises some concerns.
11.00 **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S8)
7.30 **Friends** 20/24. Chandler tries to help Joey prepare for an audition. **8.00** 21/24. Ross unwittingly makes Rachel jealous. **8.30** 22/24. Chandler falls asleep at Joey's film premiere. (S8)
9.00 **Michael McIntyre's Big Show** With Jermaine Jenas and Ellie Goulding.
10.00 **8 Out of 10 Cats Uncut**
11.40 **Jimmy Carr's Am I the A**hole?**
12.40 AM **Whose Line Is It Anyway? USA**
1.40 **South Park** (S16&17)
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Chat show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7&8)
7.00 **Teleshopping**
9.00 **Spin City** (S3)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S1)
1.00 PM **Criminally Funny**
2.30 **Comedy Game Night**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S3)
7.00 **Everybody Loves Raymond** Six episodes of the sitcom, including at: **9.30** 7/23. Ray and Debra tell lies. (S8)
10.00 **South Park** (S17)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 8/8. (S3)
2.30 **Teachers** (S3)
3.00 **Reno 911!** (S7)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 164 42

8.00 AM **Highlights**
10.20 **Bread** 9/14. (S5)
10.55 **Steptoe and Son** (S4)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S1)
12.35 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 9/13. Sitcom. (S1)
2.45 **Minder** 7/10. (S5)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Some Mothers Do 'Ave 'Em** 5/6. Sitcom. (S2)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S4)
6.45 **Rising Damp** 2/7. (S1)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 9/11. (S1)
9.00 **Benidorm** 6/7. (S8)
9.55 **Shameless** 9/16. (S6)
11.00 **Man About the House**
11.30 **Rising Damp** 3/6. (S4)
12.00 M'T **Benidorm** 6/7. (S8)
1.00 AM **Minder** 13/13. (S2)
2.00 **to 6.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **MTV Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom: From The Beginning** Reality series.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
3.00 PM **Help! I'm in a Secret Relationship!**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **Teen Mom UK: Next Generation**
9.00 **My Lover, My Killer**
10.00 **Caught in the Act: Double Life** Alarm bells ring for Gabe about his ex-con boyfriend.
11.00 **Tattoo Fixers**
12.00 M'T **Ridiculousness** New editions Double bill.
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Tanked** Double bill.
9.00 **The Last Woodsmen**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.30** The manufacture of garden steam locomotives.
5.00 **Alaska: Homestead Rescue** Marty faces his most daunting challenge ever in the rescue of a Tennessee homestead.

10.00 Truck Dynasty

7.00 **Wheeler Dealers** Mike Brewer finds a 2002 Chevy Corvette Z06 that can do zero to 60mph in under four seconds.

8.00 **Wheeler Dealers** Mike finds a prime example of a Golf Rabbit GTi, which he thinks can be transformed.

9.00 **Wheeler Dealers** After years of searching, Mike's found the ultimate 1980s hot hatch – the Renault 5 GT Turbo.

10.00 **Truck Dynasty** New edition Joe makes changes to how sales calls are handled and Ashley's family revolts.

11.00 **Expedition Bigfoot**
12.00 M'T **Deadliest Catch** Sig struggles to keep his vessel operational under the pressure of a looming offload.
1.00 AM **Wheeler Dealers**
2.00 **Truck Dynasty**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees** Tia's leg injury is making work difficult.
3.00 **My Cat from Hell** Double bill.
5.00 **Lone Star Law** Warden Jayme Deschaaf ensures dove hunters follow the migratory bird laws.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff operates on a dog after a growth on its neck ruptures.

7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete works in Norway with a local builder on a 24ft high retreat with stunning views of a nearby lake.

8.00 **Rugged Justice** Sergeant Jewell discovers a father and son squatting in the desert and makes arrests for a prior warrant.

9.00 **Alaska: The Last Frontier** Otto, Eivin and August scramble to stake a claim on ten tons of steel on a distant beach.

10.00 **Alaskan Bush People** When an ostrich lays its first egg, the Brown siblings rush to work out how to incubate it.

11.00 **The Haunted** A woman sees a ghostly man in uniform.
12.00 M'T **Crikey! It's the Irwins** The family make a trip to the Steve Irwin Wildlife Reserve.
1.00 AM **The Pool Master**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Dutch Caribbean Coastguards** Documentary.
9.00 **Air Crash Investigation: Special Report**
10.00 **Planes that Changed History**
11.00 **Strangest Things**
12.00 NOON **Disaster Autopsy**
1.00 PM **Car S.O.S**
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Amsterdam Central 24/7**
5.00 **Car S.O.S** Tim and Fuzz get help from actor James Nesbitt. **6.00** Tim and Fuzz secretly restore a Mercedes SLK.

8.00 Decoding History's...

7.00 **Air Crash Investigation** Moments after taking off from a Norwegian island, a turboprop plunges into the North Atlantic.

8.00 NEW SERIES **Decoding History's Prophecies** The stories of Nostradamus, a legendary portal to hell and a case of stigmata.

9.00 **Elizabeth I: The Secret Life** Documentary looking at the monarch's life, examining claims of illegitimacy and adultery.

10.00 **Drain the Oceans: Secrets of the Spanish Armada** A secret found in the wrecks from the Spanish Armada.

11.00 **Air Crash Investigation**
12.00 M'T **Inside Airport Lost & Found** Documentary.
1.00 AM **Yukon Rescue**
2.00 **Made in a Day**
2.30 **Abandoned**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Full Custom Garage**
6.55 **Adventure Gold Diggers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **Digging for Britain**
1.00 PM **The Curse of Oak Island**
2.00 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
3.00 **Egypt's Unexplained Files** Triple bill, including at: **5.00** Science shines a light on the dark side of Ancient Egypt.
6.00 **American Pickers** Robbie and Jersey sift through 150 years of history in Michigan.

9.00 The Curse of Oak Island

7.00 **Forged in Fire** The bladesmiths are asked to forge a signature blade from a steel cage and a pile of barbed wire.

8.00 **Strange Evidence** A fire-breathing crater burns in the middle of a desert – and some suspect that it is a gateway to Hell.

9.00 **The Curse of Oak Island** New edition The team probe a Knight of Malta's potential Oak Island visit.

10.00 **Mysteries Unearthed with Danny Trejo** New edition The presenter explores the world's most significant discoveries.

11.00 **Hazardous History with Henry Winkler** The actor explores the thrilling world of vintage daredevils.
12.00 M'T **Egypt's Unexplained Files** Triple bill of editions.
2.50 AM **The Curse of Oak Island**
3.40 **Strange Evidence**
4.25 **Pawn Stars**
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Celtics City**
7.05 **Discovering: Matt Damon**
8.00 **The Directors**
9.00 **The Movies**
10.00 **The Nazi Cartel**
11.00 **The Sixties**
12.00 NOON **Very Ralph** An intimate portrait of the fashion icon, Ralph Lauren.
2.00 PM **Busby** A profile of legendary former Manchester United manager Matt Busby.
4.00 **Discovering: Matt Damon**
5.00 **The Directors**
6.00 **The Movies**

2.00 Busby

7.00 **Hitsville: The Making of Motown** Rare performances, interviews and rarely seen footage come together to paint a picture of the history and origins of the Motown record label.

9.00 **The Crime of the Century** 1/2. Documentary by acclaimed film-maker Alex Gibney, focusing on the relationship between Big Pharma and the US governmental regulators.

11.00 **The Crime of the Century** 2/2. The conclusion of Alex Gibney's documentary.
1.15 AM **Nick Cave's Veiled World** Exploring the creative universe of the musician.
2.30 **Mr Dynamite: The Rise of James Brown** Documentary.
4.45 **My Icon: Darren Campbell**
5.00 **to 6.00** AM **Discovering: Matt Damon**

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Antiques Road Trip**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **Celebrity Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Celebrity Yorkshire Auction House** Angus helps Louis Smith sell Olympic gear and movie memorabilia.
10.00 **The Yorkshire Auction House** Angus takes a trip down memory lane with two cherished childhood collections.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Killer Confessions: Case Files of a Texas Ranger** A Texas Ranger visits a person of interest in a old murder case.
10.00 **People Magazine Investigates**
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **The Suitcase Murders** Double bill.
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of Derrick Bird, who went on one of the worst killing sprees in British history.
8.00 **Fraud Squad** A manager takes the NHS for a ride and a tax fraudster claims to be a spy.
9.00 **Storm of Suspicion** New edition As Hurricane Isabel approaches the Virginia coast, the burned body of a woman is found.
10.00 **Fatal Fraud** New edition A couple set up a weapons business in West Virginia – but all is not what it seems, leading to a fatal end.
11.00 **Bloodline Detectives**
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **The Killer You Know**
10.45 **Teleshopping**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **The Killer You Know** Cases of overkill prove that you can't trust everyone. **3.00** Three people turn to murder to sort out their problems.
4.00 **48 Hours** A UPS driver reveals details about cult leader David Koresh.
5.00 **Medical Detectives** The fate of a missing teacher. **5.30** A girl who was killed by her parents. **6.00** A computer bug cripples a company. **6.30** Two agents are killed during a routine motorcade.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **The Force: Manchester**
7.00 **Brit Cops: Law & Disorder** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My Village** Double bill.
2.00 PM **The Killer Within**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Cheshire Murders**
11.15 **Catching the Killer**
12.10 AM **World's Most Evil Killers** David Marmolejo.
1.05 **How I Caught the Killer**
2.00 **Murder Uncut**
3.00 **Britain's Most Evil Killers**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Treasures Decoded**
9.15 **Sicily: The Conquered Isle** As shown at 7.10pm.
10.35 **The War** As 8.25pm.
11.40 **Sicily: The Conquered Isle** As shown at 7.10pm.
1.15 PM NEW **The American Buffalo: A Film By Ken Burns** Part two of two. How the buffalo was saved from extinction.
3.40 **The War** As 8.25pm.
4.50 **Sicily: The Conquered Isle** As shown at 7.10pm.
6.05 **Treasures Decoded**
7.10 **Sicily: The Conquered Isle** Part two of two. Documentary exploring Sicily's ancient past.
8.25 **The War** Examining the Allies' slow progress through Europe in 1944.
9.30 **The American Buffalo: A Film By Ken Burns**
12.00 M'T **The War**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

WEDNESDAY

Sky Nature

124/125 113/114 135 354 369

6.00 AM **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Guardians of the Wild**
9.00 **Orangutan Jungle School**
10.00 **Into the Wild: India**
11.00 **Africa's Hunters**
12.00 NOON **Secrets of the Enchanted Waters**
1.00 PM **Monkey Life**
2.00 **Guardians of the Wild**
3.00 **Orangutan Jungle School**
4.00 **Into the Wild: India**
5.00 **Africa's Hunters**
6.00 **Secrets of the Enchanted Waters** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Islands** Documentary.
9.00 **Into the Wild: Colombia**
10.00 **Secrets of the Enchanted Waters** Documentary.
11.00 **Africa's Hunters**
12.00 M'T **Secrets of Wild Australia**
1.00 AM **New Kids in the Wild**
2.00 **Islands**
3.00 **Into the Wild: Colombia**
4.00 **Guardians of the Wild**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Evidence of the Unexplained**
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Machines**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **Evidence of the Unexplained**
6.00 **What on Earth?**
7.00 **Battle 360** The American invasion of the Solomon Islands.
8.00 **Combat Machines** Machines that would have been used had a stand-off resulted in all-out nuclear war.
9.00 **Secrets in the Ice** Mysteries surrounding prehistoric warfare.
10.00 **Rome: Rise and Fall of an Empire** Aurelian's rise to power.
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **How the Universe Works**
12.00 NOON **You Have Been Warned** Featuring a drone-catcher that transforms into a vacuum-powered railway.
1.00 PM **Richard Hammond's Big**
3.00 **Through the Wormhole with Morgan Freeman** Triple bill.
6.00 **How Do They Do It?**
9.00 **Expedition Bigfoot** Mireya agrees to act as bait in order to lure out Bigfoot. **10.00** Mireya and Ronny have a terrifying experience when they realise they are not alone in the forest.
11.00 **Unexplained and Unexplored** Unravelling the mystery of the Mayan empire's fate. **12.00** M'T Explorers Justin Fornal and Emiliano Ruprah search for a source of water said to grant eternal life.
1.00 AM **Through the Wormhole with Morgan Freeman**
4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Killer Britain with Dermot Murnaghan** Triple bill.
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **Murder by Medic**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Accident, Suicide or Murder?** The apparent suicide of a horse groomer is called into question years later.
9.00 **Murder at the Motel** New edition Fire crews tackling a blaze in a motel room discover a body.
10.00 **Don't Open the Door**
11.00 **Ross Kemp: Lost Boys, Deadly Men** Nasen Saadi
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **America's Mighty Northwest**
11.00 **Shark Men**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Little Giant**
3.00 **Jungle Animal Rescue**
4.00 **Secrets of the Zoo**
5.00 **Ice Road Rescue**
6.00 **Yukon Vet**
7.00 NEW **Venom Files: Anatomy of a Snake Bite** A journey into nature's deadliest venomous bites, revealing how evolution shaped killers built for precision, and how human expansion turns survival into conflict.
8.00 **Python Invasion** A 13ft python loose in the Everglades.
9.00 **Deadly Dozen**
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

7.00 AM **Bullet Points**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers: Reloaded**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Focusing on black holes.
1.00 PM **The Alaska Triangle**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Scientists explore the secret history of the solar system.
8.00 **Bullet Points** Examining history's most important battles, beginning with engagements in the Pacific that turned the tide of World War Two.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **The Alaska Triangle**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **Doctor Who**
7.50 **Doctor Who** *Invasion of the Dinosaurs – Part One:* 5/26. The Doctor and Sarah Jane return to a deserted London. (S11) **8.20** *The Green Death – Part Four:* 24/26. The maggot egg that the Doctor retrieved from the cave hatches. (S10) **8.55** *The Time Warrior – Part One:* 1/26. The Brigadier asks the Doctor to search for a number of missing scientists. **9.25** *The Time Warrior – Part Two:* 2/26. The Doctor traces the scientists to Irongron's castle. **9.55** *The Time Warrior – Part Three:* 3/26. The Doctor escapes the confines of the castle. **10.25** *The Time Warrior – Part Four:* 4/26. The Doctor attempts to return the scientists to their own time, while Linx tries to use his spaceship – with destructive results. (S11)
11.00 PM **to 6.00** AM **Doctor Who**

+1hour 266 376

ID

154 140 166

8.00 AM **Evil Stepmothers**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here: Shadows of Death**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here: Shadows of Death** Crime documentary.
5.00 **Breaking Homicide**
6.00 **To Catch a Killer**
7.00 **Murder Under the Friday Night Lights** A male cheerleader vanishes the day before the state championship. **8.00** A high-school football coach in Missouri is shot.
9.00 **High Speed Chase** A driver in a stolen vehicle leads a rookie cop on an action-packed pursuit.
10.00 **Police 911: Michigan**
11.00 **Murder in the Heartland**
1.00 AM **Cabin in the Woods**
2.00 **Breaking Homicide**
3.00 **To Catch a Killer**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Richard restores a 1947 Delahaye sports car.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Ant Anstead: Born Mechanic**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant tracks down a rare 1978 Land Rover Series 3.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

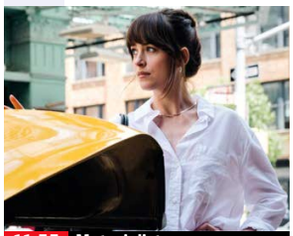
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.45 AM **Plainclothes** Romantic thriller. (2025, 15, 95min)
8.25 **Adulthood** Comedy drama. (2025, 15, 97min) ★★★
10.10 **On Swift Horses** As 5.50pm.
12.20 PM **Nobody 2** As 8.00pm.
2.05 **Icefall** Thriller starring Joel Kinnaman. (2025, 15, 95min)
3.50 **Materialists** As 11.55pm.
5.50 **On Swift Horses** Romantic drama with Daisy Edgar-Jones, Jacob Elordi and Will Poulter. (2024, 15, 119min) ★★★



11.55 Materialists

8.00 Nobody 2 Comedy thriller sequel starring Bob Odenkirk. A former assassin takes his family on a holiday, but finds himself in the crosshairs of a bloodthirsty crime boss. (2025, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Jurassic World: Rebirth Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrates a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Materialists** Romantic comedy with Dakota Johnson. (2025, 15, 116min) ★★★★
1.55 AM **Man Finds Tape** Horror. (2025, 15, 84min) ★★★★
3.25 **Bring Her Back** Thriller. (2025, 18, 104min) ★★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Fun

303 303 403 503 517

6.40 AM **Stuart Little 2** Fantasy sequel. (2002, U) ★★★★
8.00 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
9.40 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
11.25 **Swede Caroline** As 3.05am.
1.10 PM **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
2.45 **Paul Blart: Mall Cop** (2009)
4.20 **Paul Blart: Mall Cop 2** (2015)
6.00 **Back to the Future** Fantasy. (1985, PG, 115min) ★★★★★

2.45 Paul Blart: Mall Cop

8.00 Back to the Future Part II Comedy adventure sequel starring Michael J Fox and Christopher Lloyd. Marty McFly is whisked into the future where he has to save his son from dire trouble. (1989, PG, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Back to the Future Part III Comedy adventure sequel starring Michael J Fox and Christopher Lloyd. Marty McFly learns that Doc is stranded in the Wild West. (1990, PG, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Paul Blart: Mall Cop** Crime comedy. (2009, PG, 91min) ★
1.25 AM **Paul Blart: Mall Cop 2** Comedy sequel starring Kevin James. (2015, PG, 92min) ★★
3.05 **Swede Caroline** Spoof documentary with Jo Hartley. (2024, 15, 98min) ★★★
4.55 **to 6.45** AM **The Estate** Comedy. (2022, 15, 96min) ★★

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Horizon: An American Saga – Chapter 1** Western. (2024, 15, 181min) ★★★★
9.35 **Burning an Illusion** As 6.10pm.
11.35 **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
1.50 PM **Black Dog** Chinese drama. (2024, 12, 110min) ★★★
3.50 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★

6.10 **Burning an Illusion** Drama. (1981, 15, 103min) ★★★
8.00 **Cool Hand Luke** Prison drama starring Paul Newman as a chain gang convict who becomes a hero to his fellow prisoners. With George Kennedy. (1967, 15, 126min) ★★★★★
10.10 **Legends of the Fall** Epic period drama starring Brad Pitt. The three sons of a retired colonel come into conflict when they meet a beautiful woman. (1994, 15, 133min) ★★★★

12.25 AM **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
2.45 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively and Justin Baldoni. (2024, 15, 125min) ★★★
5.00 **to 6.50** AM **Black Dog** (2024)

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.10 AM **Arcadian** As 3.05am.
7.55 **If You Were the Last** Sci-fi romantic comedy starring Zoe Chao. (2023, 15, 92min) ★★★★
9.40 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
12.10 PM **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
2.15 **Annabelle** Horror thriller spin-off. (2014, 15, 97min) ★★

4.05 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
6.05 **Evolution** Sci-fi comedy. (2001, PG, 101min) ★★★★
8.00 **Cloverfield** Disaster movie starring Lizzy Caplan and TJ Miller. A young New Yorker films events as he and his friends react to a catastrophe in the city. (2007, 15, 81min) ★★★
9.35 **10 Cloverfield Lane** Thriller starring Mary Elizabeth Winstead and John Goodman. (2016, 12, 103min) ★★★★

11.20 **28 Days Later** Horror thriller. (2002, 18, 113min) ★★★★
1.20 AM **MaXXXine** Thriller. (2024, 18, 110min) ★★★
3.05 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
4.40 **to 6.15** AM **Lovely, Dark, and Deep** Horror. (2023, 15) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.05 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015) ★★★
8.05 **The SpongeBob Movie: Sponge Out of Water** (2015)
9.45 **The Emoji Movie** (2017, U) ★
11.15 **The Angry Birds Movie** (2016)
12.55 PM **The Angry Birds Movie 2**
2.35 **Lemony Snicket's A Series of Unfortunate Events** (2004)
4.30 **Scooby-Doo** (2002, PG) ★★★
6.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★

6.00 Stuart Little

7.30 **Stuart Little 2** Children's fantasy adventure sequel. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8.55 **The Witches** Fantasy adventure based on Roald Dahl's story about a coven of witches plotting to turn the children of England into mice. Stars Anjelica Huston. (1989, PG, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **The Hobbit: The Battle of the Five Armies** Conclusion of the epic fantasy adventure trilogy, starring Martin Freeman. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **The Last Airbender** M Night Shyamalan's fantasy. (2010, PG, 103min) ★★
2.40 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
4.30 **to 6.15** AM **My Penguin Friend** Drama with Jean Reno. (2024, PG, 98min) ★★★★

Sky Cinema Action

306 306 407 507 521

6.55 AM **Hero** (2002, 12) ★★★★
8.40 **The Fast and the Furious: Tokyo Drift** (2006, 12) ★★
10.35 **Batman & Robin** Fantasy. (1997, PG, 125min) ★★
12.45 PM **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
3.05 **Bumblebee** *Transformers* prequel. (2018, PG) ★★★★
5.05 **Mission: Impossible – The Final Reckoning** Action thriller. (2024, 12, 169min) ★★★

10.00 Furiosa: A Mad Max Saga

8.00 **Uncharted** Action adventure starring Tom Holland and Mark Wahlberg. A pair of treasure hunters embark on a globetrotting search for a fortune that was lost 500 years previously. With Antonio Banderas. (2022, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Furiosa: A Mad Max Saga** Fantasy starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2023, 15, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Morbius** Adventure. (2022, 12, 104min) ★★
2.20 **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
4.10 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
5.55 **to 6.15** AM **The Cinema List: Jurassic**

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **How to Lose a Guy in 10 Days** (2003, 12) ★★★
8.50 **Arthur** (1981, 15) ★★★★
10.35 **See No Evil, Hear No Evil** Comedy. (1989, 15) ★★★
12.25 PM **School of Rock** Comedy. (2003, PG, 109min) ★★★★
2.25 **Role Models** Comedy. (2008, 15, 99min) ★★★★
4.15 **Caddyshack** Comedy. (1980, 15, 95min) ★★★
6.00 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★

10.00 Bridget Jones's Baby

8.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. FBI agent Gracie Hart becomes a celebrity – until the kidnapping of her friend reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Bridget Jones's Baby** Romantic comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Seven Psychopaths** Dark comedy starring Colin Farrell. (2012, 15, 106min) ★★★★
2.05 **Uncle Buck** Comedy. (1989, 12, 94min) ★★★
3.50 **Sky Cinema Preview**
4.50 **to 6.35** AM **Zoolander 2** Comedy sequel starring Ben Stiller. (2016, 12, 102min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **The Towering Inferno** Epic disaster thriller. (1974, 12, 165min) ★★★★
9.20 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
11.50 **Sharp Corner** Thriller. (2024, 15, 110min) ★★★★
1.50 PM **Layer Cake** Thriller. (2004, 15, 105min) ★★★★
3.40 **Vanilla Sky** Fantasy drama. (2001, 15, 136min) ★★★
6.00 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★

6.00 The Bikeriders

8.00 **Speak No Evil** Horror starring James McAvoy and Aisling Franciosi. A dream holiday turns into a nightmare when an American family stay at a British couple's idyllic estate. With Mackenzie Davis and Scoot McNairy. (2024, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Hannibal** Chiller sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. FBI agent Clarice Starling becomes an unwitting pawn in a billionaire's plot to trap Hannibal Lecter. (2001, 18, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
2.05 **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
3.55 **to 6.05** AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **River of No Return** Western. (1954, PG) ★★★
12.50 PM **The Enemy Below** World War Two adventure. (1957, PG, 98min) ★★★★
2.50 **The Sheriff of Fractured Jaw** Comedy Western with Kenneth More. (1958, U, 103min) ★★★
5.00 **Harvey** Vintage comedy. (1950, b/w, U, 100min) ★★★★★
7.10 **Made in Italy** Comedy drama. (2020, 15, 94min) ★★★

7.10 Made in Italy

Made in Italy (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Carlito's Way** Brian De Palma's crime thriller starring Al Pacino as an ex-jailbird who is pulled back into the violent drugs underworld by his sleazy lawyer. With Sean Penn, Penelope Ann Miller and Viggo Mortensen. (1993, 18, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.55 **Ready or Not** Horror comedy starring Samara Weaving. A bride's wedding night takes a sinister turn when her in-laws force her to take part in a terrifying game. (2019, 18, 95min) ★★★★
1.45 **to 3.55** AM **The Last Tree** Drama with Samuel Adewunmi and Gbemisola Ikumelo. (2019, 15, 99min) ★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Adventure

302 302 402 502 516

6.45 AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
8.05 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★
9.45 **Teenage Mutant Ninja Turtles**
11.35 **Raiders of the Lost Ark** (1981)
1.35 PM **Indiana Jones and the Temple of Doom** Steven Spielberg's action adventure. (1984, PG, 118min) ★★★

3.35 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
5.35 **Ready Player One** Fantasy. (2018, 12, 140min) ★★★★
8.00 **Aquaman** Adventure starring Jason Momoa. The human-born heir to the kingdom of Atlantis embarks on a quest to prevent a war between the worlds of ocean and land. (2018, 12, 143min) ★★★
10.25 **Venom** Fantasy starring Tom Hardy. (2018, 15, 112min) ★★★

12.20 AM **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
2.05 **Raiders of the Lost Ark** Steven Spielberg's adventure. (1981, PG, 115min) ★★★★★
4.05 **to 6.05** AM **Indiana Jones and the Temple of Doom** As 1.35pm.

Sky Cinema Greats

307 307 404 504 518

6.40 AM **The First Wives Club**
8.40 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
10.35 **Ghostbusters** Comedy. (1984, 12, 105min) ★★★★
12.35 PM **Ghostbusters II** Comedy sequel. (1989, PG, 99min) ★★★
2.35 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★★★★
4.35 **The Man with Two Brains** Comedy. (1983, 15) ★★★★

6.10 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
8.00 **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Judge Reinhold and Brigitte Nielsen. (1987, 15, 99min) ★★★
9.45 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy and Judge Reinhold. (1994, 15, 104min) ★★

11.30 **Bad Boys** Comedy thriller with Martin Lawrence and Will Smith. (1995, 15, 118min) ★★★
1.30 AM **The Man with Two Brains**
3.05 **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
4.50 **to 6.50** AM **Bad Boys** (1995)

Sky Cinema Animation

312 315 405 500 514

7.35 AM **Batman Unlimited: Mechs vs Mutants** Animation. (2016, PG, 72min) ★★★
9.05 **The Lego Ninjago Movie** Animation. (2017, U, 101min) ★★
11.00 **Corpse Bride** Animated fantasy. (2005, PG, 74min) ★★★★
12.30 PM **Shark Tale** Animation. (2004, U, 90min) ★★★★
2.15 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★

4.00 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
6.00 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
7.40 **Transformers One** Animation. (2024, PG, 104min) ★★★★
9.35 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
11.15 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★★
12.55 AM **Monsters vs Aliens** Animated sci-fi monster movie. (2009, PG, 90min) ★★★

2.45 **Batman Unlimited: Monster Mayhem** (2015, PG) ★★★
4.15 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
5.55 **to 7.25** AM **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U) ★★★

Movies 24

315 313 419

7.00 AM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
9.00 **A Missed Connection** Romantic drama. (2023, PG, 90min) ★★
11.00 **For Love & Honey** Romantic comedy. (2024, U, 84min) ★★
1.00 PM **A Bet with the Matchmaker** Romantic drama. (2023, PG, 89min) ★★
3.00 **The Marry Me Pact** Romantic comedy. (2023, PG, 88min) ★★

5.00 **Love and Penguins** Romantic comedy. (2022, PG, 90min) ★★
7.00 **Mountain Rescue Romance** Comedy with Ashley Newbrough. (2023, PG, 84min) ★★
9.00 **Journey to You** Romantic drama starring Erin Cahill and Erik Valdez. A nurse takes her first holiday in years, walking the Camino de Santiago pilgrimage where her parents first met. (2025, PG, 84min) ★★
11.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★

1.00 AM **Betty's Bad Luck in Love** Romantic comedy drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **May the Best Wedding Win** Romantic comedy. (2023, PG, 85min) ★★

Movies 24+ 329 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Man From Yesterday** Thriller. (1949, b/w, PG) ★★★
7.20 **The Wedding of Lilli Marlene** Musical drama sequel. (1953, b/w, PG, 89min) ★★
9.05 **The Drum** Adventure. (1938, U, 96min) ★★★
10.55 **The Black Knight** Arthurian adventure. (1954, U, 85min) ★
12.40 PM **The Heart Within** Drama. (1957, b/w, U, 61min) ★★★

1.55 **The Buccaneers** 2/39. (S1)
2.25 **The Brothers** 15/16. (S7)
3.30 **Dial 999** 2/39. (S1)
4.00 **A Town Like Alice** War drama. (1956, b/w, PG, 111min) ★★★★
6.15 **What's On TPTV with Noel**
6.30 **Those British Faces**
7.00 **Out of Town**
7.30 **Scotland Yard** 24/39. (S1)
8.05 **Buccaneer** 5/13. (S1)
9.10 **The Cassandra Crossing** Disaster movie starring Sophia Loren and Richard Harris. (1977, PG, 129min) ★★★

11.45 **Doll's Eye** Drama starring Sandy Ratcliff and Bernice Stegers. (1982, 15, 75min) ★★★
1.20 AM **Budgie** 5/13. (S2)
2.20 **Melody** Drama starring Mark Lester. (1971, PG, 103min) ★★
4.30 **Stagecoach West** 1/38. (S1)
5.30 **to 6.00** AM **Sherlock Holmes**

Wednesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
4.30 LIVE **WTA & ATP Tennis** Coverage of day nine of the Miami Open, a hard-court tournament staged at Hard Rock Stadium in Miami Gardens, Florida, featuring the concluding two women's quarter-final contests and the first two men's quarter-final matches. The last four of last year's women's draw was decided at this stage 12 months ago as Jessica Pegula battled past Emma Raducanu, which set up a semi-final against Alexandra Eala. Meanwhile, the men's quarter-finals got under way with two contrasting ties as Jakub Menšík defeated Arthur Fils, before Taylor Fritz was made to work hard before prevailing 7-5 6-7 7-5 over Matteo Berrettini.
11.00 LIVE **WTA & ATP Tennis** Further coverage of day nine of the Miami Open, a hard-court tournament at Hard Rock Stadium.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **The Big Interview** Granit Xhaka.
9.30 **Netbusters** Recent action.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** Clips from the 2010/11 season.
2.00 PM **PL Retro** Chelsea v Manchester United from 2006.
4.00 **Netbusters** Highlights.
4.30 **The Big Interview** With Sunderland midfielder Granit Xhaka.
5.00 **The Premier League Show**
7.00 **Premier League Stories**
7.30 **Netbusters** Highlights.
8.00 **Premier League Review**
9.00 **Premier League Stories** Willian reflects on an incredible journey in the Premier League.
9.30 **Netbusters** Fast-paced highlights using alternative angles, featuring every goal from every game.
10.00 **Transfer 360** Double bill.
11.00 **Premier League Years** Clips from the 2010/11 season.
1.00 AM **PL Retro** Chelsea v Manchester United from 2006.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2010/11**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Retro League One**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.30 **EFL Best Goals 2017/18**
12.00 NOON **EFL League One Goals**
12.30 PM **EFL League Two Goals**
1.00 **EFL Highlights**
2.00 **Bundesliga Highlights Show**
3.00 **EFL Highlights** Championship.
3.30 **EFL League One & Two Goals**
4.30 **SPFL Highlights**
5.00 **WSL** Action from Manchester City v Tottenham Hotspur.
5.30 **EFL Highlights**
7.00 **WSL** Action from Brighton & Hove Albion v Liverpool.
7.30 **EFL Highlights** Ipswich Town v Millwall staged at Portman Road. **7.45** Blackburn Rovers v Middlesbrough at Ewood Park. **8.00** Derby County v Birmingham City at Pride Park. **8.15** Swansea City v Coventry City.
8.30 **EFL League One & Two Goals**
9.30 **Bundesliga Highlights Show**
10.30 **WSL** Action from Manchester City v Tottenham Hotspur.
11.00 **EFL Highlights** Championship.
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2012/13 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Highlights from Delhi Capitals v Lucknow Super Giants. **7.00** Royal Challengers Bengaluru v Punjab Kings.
8.00 **IPL** Mumbai Indians v Sunrisers Hyderabad: Another chance to see the 2025 T20 match from Wankhede Stadium, Mumbai.
12.30 PM **Best of WT20**
1.00 **IPL** Royal Challengers Bengaluru v Punjab Kings: Another chance to see the final of the 2025 T20 competition staged at Narendra Modi Stadium in Ahmedabad.
5.30 **Best of WT20** Archive action.
6.00 **IPL** Royal Challengers Bengaluru v Delhi Capitals: Another chance to see the T20 match from M. Chinnaswamy Stadium, Bengaluru.
10.30 **Best of WT20** Highlights from memorable matches.
11.00 **IPL** Mumbai Indians v Gujarat Titans: Highlights of the T20 match at Wankhede Stadium.
12.00 M'T **IPL** Royal Challengers Bengaluru v Rajasthan Royals. **1.00** AM Royal Challengers Bengaluru v Punjab Kings. **2.00** Kolkata Knight Riders v Chennai Super Kings.
3.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

406 406 506 423 443

6.00 AM **LPGA Tour Golf**
9.00 **Ladies European Tour Golf**
2.00 PM **TGL** The Finals Series.
4.00 **Golf Academy** Bunker tips.
4.30 **Beyond the Scorecard**
5.00 **DP World Tour Golf**
6.00 **PGA Tour Champions** Action from the Cologuard Classic.
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** The PGTI Open.
8.00 **Scotland's Greatest Holes**
8.30 **TGL** Action from the opening match of the Finals Series. **10.30** The second match of the Finals Series at SoFi Center.
12.30 AM **HotelPlanner Tour Golf Highlights** The PGTI Open.
1.00 **The Greatest Solheim Cup**
3.00 **The Golf Fitness Show**
3.30 **Mark Roe's Short Game School**
4.00 **Golf Academy** With Sandy Lyle.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
12.30 PM **WTA & ATP Tennis** Action from day eight of the Miami Open.
4.30 LIVE **WTA & ATP Tennis** Coverage of day nine of the Miami Open at Hard Rock Stadium, featuring the concluding two women's quarter-final contests and the first two men's quarter-final matches. The last four of last year's women's draw was decided at this stage 12 months ago as Jessica Pegula battled past Emma Raducanu, which set up a semi-final against Alexandra Eala.
3.00 AM **WTA & ATP Tennis**
4.00 **ATP Tour This Week**
4.30 **ATP/WTA Tour Classic Matches**
5.30 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **International T20 Cricket** New Zealand v South Africa. Coverage from the fifth and final T20 in the series at Hagley Oval.
10.15 **LIV Golf** From South Africa.
11.15 LIVE **Alpine Skiing** Giant slalom events in Lillehammer.
1.30 PM **The Gruppetto** Cycling news.
1.45 **Cycling** The Tour of Catalunya.
2.45 LIVE **Cycling** The third stage of the men's Tour of Catalunya.
4.45 **Champions League Goals**
5.00 **UEFA Europa League Goals**
5.15 **Premier League Features**
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact**
7.00 **Ultimate Pool** Pairs Cup.
8.30 **Premier League Reload**
8.45 **The Gallagher PREM: Wrap Up**
9.00 **MotoGP Highlights**
10.00 **International T20 Cricket**
11.00 **MLB Classic** World Series 2025.
12.00 M'T LIVE **MLB** San Francisco Giants v New York Yankees. Coverage of the inter-league match from Oracle Park. Start-time **12.05am**.
3.00 AM **LIV Golf** Fifth-round review.
4.00 **Premier League Netbusters**
4.30 **to 6.00** AM **PL Legends**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Rewind**
6.15 **Alpine Skiing** In Lillehammer.
8.15 LIVE **Alpine Skiing** Coverage of run one of the women's giant slalom in Lillehammer, Norway.
9.30 LIVE **Alpine Skiing** Run one of the men's slalom in Lillehammer.
10.30 **The Monuments**
11.00 **Premier League Netbusters**
11.30 **Premier League Stories**
12.00 NOON **Premier League**
1.30 PM **Sign Up – Into Football**
2.15 LIVE **Cycling** Coverage of the men's Tour of Bruges in Belgium.
5.00 **LIV Golf** Fifth-round review.
6.00 **Women's T20 Cricket**
7.00 **International T20 Cricket**
8.00 **Discovery Golf** The latest news.
8.30 **Serie A – Full Impact**
9.00 **NWSL** Recent highlights.
11.00 LIVE **NWSL** NJ/NY Gotham FC v Denver Summit. From Sports Illustrated Stadium. Kick-off **11.00pm**.
1.15 AM **No Filter Football**
1.30 **MotoGP Rewind**
1.45 **The Gruppetto** Cycling news.
2.00 **Men's Cycling** Event highlights.
4.00 **MotoGP Highlights**
5.00 **to 6.00** AM **Fishing: On the Bank**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Wigan Warriors v St Helens from 2025. **9.00** A chance to see St Helens v Hull Kingston Rovers from 2025.
12.00 NOON **Good Morning Football**
2.00 PM **NFL Highlights**
4.00 **Super League Highlights**
4.15 **Women's Super League** Highlights of St Helens v York Valkyrie in the 2024 Grand Final.
4.30 **Super League Highlights**
5.00 **NFL Highlights** Pittsburgh Steelers v Green Bay Packers.
6.00 **NBC's Pro-Football Talk**
8.00 **NBA on Fire** The latest news.
8.30 **NBA Basketball** Los Angeles Lakers v Oklahoma City Thunder.
10.30 **NFL Bitesize Highlights** Buffalo Bills v Philadelphia Eagles. **10.45** Action from Denver Broncos v Los Angeles Chargers.
11.00 **The Insiders** The latest news.
12.00 M'T **NFL Highlights** Los Angeles Rams v Tampa Bay Buccaneers.
1.00 AM **Super League Highlights** The 2024 Grand Final.
1.15 **Women's Super League**
1.30 **Super League Highlights**
2.00 **Super League** A chance to see Leeds Rhinos v Leigh Leopards.
4.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Sports Centre** Featuring a round-up of the sports news with analysis and comments.
10.00 **Sky Sports News** A round-up of the day's news, featuring interviews and highlights with the players and managers making the headlines.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News**
12.00 M'T **EFL Greatest Games** Action from Wolverhampton Wanderers v Leeds United in the 2014/15 Championship season. **12.15** AM Swindon Town v Sheffield United from 2014/15. **12.30** Norwich City v Ipswich Town from the Championship play-offs in May 2015. **12.45** Highlights from Derby County v Leeds United in the 2015/16 Championship season.
1.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.15 **Super League** A chance to see Wakefield Trinity v Leigh Leopards.
10.00 **TGL** The first semi-final. **12.00** NOON Second semi-final.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup**
4.00 **Formula 1** Chinese Grand Prix.
5.00 **PGA Tour Golf** Highlights.
6.00 **TGL** Action from the opening match of the Finals Series. **8.00** Highlights from the second match of the Finals Series.
10.00 **PGA Tour Golf** Highlights from the fourth day of the Valspar Championship at Innisbrook Resort in Palm Harbour, Florida.
11.00 **Men's T20 World Cup** Highlights of Canada v UAE. **11.30** USA v Netherlands.
12.00 M'T **PL Greatest Games**
1.00 AM **TGL** The second semi-final.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Men's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Men's Cycling**
7.00 **Isuzu UTE A-League Highlights**
7.30 **Ninja A-League Women**
8.00 LIVE **A-League Women** Central Coast Mariners v Wellington Phoenix. Coverage of the match staged at Central Coast Stadium. Kick-off **8.00am**.
10.00 **The Gallagher PREM**
3.00 PM **Curling World Championship** From Calgary.
5.00 **NWSL** Recent action.
7.00 **UEFA Champions League Magazine** News and action.
7.30 **UEFA Champions League – Classics** From 2014/15.
8.00 **Alpine Skiing** In Lillehammer.
10.00 **Men's Cycling** Tour of Catalunya.
12.00 M'T **Serie A – Full Impact**
12.30 AM **TNT Sports Reload**
1.00 **ABB FIA Formula E World Championship Highlights**
2.00 **Alpine Skiing** In Lillehammer.
4.00 **to 6.00** AM **UEFA Champions League – Classics**

TNT Sports 4

414 416 524 411 434

6.00 AM **LIV Golf** In South Africa.
7.00 **Saut Hermes** Action from Paris.
10.00 **Serie A** Football action from Italy.
12.00 NOON **T100 Triathlon World Tour Highlights**
1.00 PM **AFL** Another chance to see Hawthorn Hawks v Sydney Swans. **2.30** A chance to see Adelaide Crows v Western Bulldogs. **4.00** A replay of Richmond Tigers v Gold Coast Suns.
5.30 **AFL** GWS Giants v St Kilda Saints. **7.00** A chance to see Fremantle Dockers v Melbourne Demons. **8.30** Another chance to see Port Adelaide v Essendon Bombers. **10.00** West Coast Eagles v North Melbourne Kangaroos.
11.30 **Women's T20 International Cricket** New Zealand v South Africa from Hagley Oval.
12.30 AM **International T20 Cricket Highlights** New Zealand v South Africa from Hagley Oval.
1.30 **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **Motorsport Highlights**
8.00 **URC in 60** Highlights.
9.00 **Eredivisie Highlights**
10.00 **NHL Ice Hockey**
12.00 NOON **Football** Highlights.
2.00 PM **NHL on the Fly**
3.00 **URC in 60** Recent action.
4.00 **Eredivisie Highlights**
5.00 **Downhill Skateboarding**
5.30 **Scottish Football Social Club**
6.30 **LaLiga Match Highlights**
7.00 **Downhill Skateboarding**
7.30 **Women's Football Weekly**
8.00 **KOTV Boxing Weekly**
8.30 **URC in 60** Highlights.
9.30 **NHL Ice Hockey**
11.30 LIVE **NHL Ice Hockey** Toronto Maple Leafs v New York Rangers. The Eastern Conference match at Scotiabank Arena. Face-off **11.30pm**.
2.30 AM **Downhill Skateboarding**
3.30 **Brasileiro Serie A**
5.30 **to 6.00** AM **F1H2O World Championships**

Premier Sports 2

420 552

6.00 AM **Football's Greatest**
6.30 **NASCAR O'Reilly Series**
9.30 **Bike World** Magazine.
10.00 **Temples of Sport**
10.30 **NHL Ice Hockey** Montreal Canadiens v Carolina Hurricanes.
12.30 PM **Eredivisie** Another chance to see Groningen v AZ Alkmaar.
2.30 **Football's Greatest**
3.30 **LaLiga** Espanyol v Getafe. **5.30** Osasuna v Girona.
7.30 **Temples of Sport** Iconic sporting venues from around the globe.
8.00 **NHL Tonight** A countdown of the top 20 defensemen in the NHL.
9.00 **NHL Ice Hockey** Montreal Canadiens v Carolina Hurricanes.
11.00 LIVE **NHL Ice Hockey** Buffalo Sabres v Boston Bruins. Coverage of the Eastern Conference match from KeyBank Center. Face-off **11.30pm**.
2.00 AM **Temples of Sport**
2.30 **NASCAR Trucks**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** From Japan.
12.00 NOON **Formula 1** A chance to see the Australian Grand Prix.
2.15 PM **Ted's Notebook**
2.45 **F1 Feature**
3.00 **Formula 1** Chinese Grand Prix.
5.15 **Ted's Notebook**
5.45 **F1 Feature**
6.00 **Indycar** Action from the Firestone Grand Prix of St. Petersburg. **7.00** Good Ranchers 250. **8.00** Grand Prix of Arlington.
9.00 **Formula 1** The Japanese Grand Prix from 2023 to 2025.
12.00 M'T **Formula 1** Highlights.
4.00 AM **F1 Drivers Press Conference**
4.45 **F1 Feature**
5.00 **to 6.15** AM **Formula 1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

26 March

Evening Planner

Action Comedy

One Battle After Another

Sky Premiere, 10.30am & 10.20pm (also streaming on HBO Max)

Leonardo DiCaprio stars as an ex-radical on a mission to rescue his daughter.

Football

World Cup Play-Offs

BBC2 & BBC3, kick-offs 7.45pm

Wales host Bosnia and Herzegovina, and Northern Ireland are in Italy as they continue their qualification efforts.

OnDemand

HBO max

The Pitt

S1 available today; S2 new eps weekly

Noah Wyle heads this long-awaited real-time medical drama, as the new streaming service launches today.

OnDemand

NETFLIX

Jo Nesbø's Detective Hole

Available today

Detective Harry Hole hunts for a serial killer during an Oslo heatwave in this Scandi-noir.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 MasterChef: The Professionals		9.00 The Apprentice		10.00 News; Local News	10.40 Question...
102 BBC2	◂ 6.30 Great British...	7.30 Match of the Day Football: World Cup – Live: Wales v Bosnia and Herzegovina (Kick-off 7.45)					10.00 Apprentice...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Tonight †	8.00 Emmerdale	8.30 Coronation...	9.00 The Martin Lewis Money Show Live...		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 George Clarke's Building Home		9.00 A Woman of Substance		10.00 24 Hours in A&E	
105 5	7.00 Celebrity Puzzling		8.00 Yorkshire's Poshest Hotel: Grantley Hall		9.00 The Hotel Inspector		10.00 The Wire: Forensics Murder	
106 SKY ONE	7.00 The Simpsons		8.00 Film: Angels & Demons					10.30 Mr Bigstuff
ENTERTAINMENT								
115 BBC3	7.05 Football: World Cup Play-Off – Live: Italy v Northern Ireland (Kick-off 7.45)						10.00 The Trials of Pa Salieu	
116 BBC4	7.00 Fred Dibnah's...	7.30 Wainwright...	8.00 Stonehenge: A Timewatch Guide		9.00 Julian Barnes...	9.30 Film: The Sense of an Ending		
118 ITV2	7.00 Wheel of Fortune		8.00 The 1% Club		9.00 Hell's Kitchen		10.00 Family Guy	
136 MORE4	◂ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 24 Hours in Police Custody: The Murder of Rikki Neave			
135 E4	7.00 The Simpsons	7.30 Married at First Sight Australia			9.05 MAFS: After the Dinner Party		10.05 Gogglebox	
107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 FBI		10.00 The Rookie	
108 SKY ATLANTIC	◂ 6.30 House of the Dragon				9.00 The Fear Index			
110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey			10.20 Men Behaving Badly
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Endeavour	
120 ITV4	7.00 River Monsters	7.30 Made in Britain	8.00 Junk & Disorderly		9.00 Ice Road Truckers		10.00 Ligue 1 Highlights	10.35 Rabbit Hole
112 COMEDY CENTRAL	◂ 6.55 Friends				9.00 Film: Maverick			
145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 Queens of Mystery		9.00 Father Brown		10.00 New Tricks	
109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 Shakespeare & Hathaway		10.00 Father Brown	
122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Joseph Cotten		9.00 Classic Movies: The Story of Ran		10.00 Film: I Am Burt Reynolds	
132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake		9.00 Louis Theroux – The Most Hated...		10.00 Louis Theroux: America's Most Hated...	
DOCUMENTARY								
125 DISCOVERY	7.00 Wheeler Dealers				9.00 Ed Stafford's Rite of Passage		10.00 In the Eye of the Storm	
162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Speed of Life		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Northwoods Survival	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People		9.00 History's Deadliest with Ving Rhames		10.00 The UnBelievable with Dan Aykroyd	
155 U&YESTERDAY	7.00 Operation Arctic		8.00 Bangers & Cash		9.00 Hunting Outback Gold		10.00 Bangers & Cash: Restoring Classics	
114 SKY DOCS	7.00 Lancaster				9.00 Chernobyl: The Lost Tapes			
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.40 Jurassic World: Rebirth		8.00 Superman					10.20 One Battle After...
302 ADVENTURE	◂ 6.10 Venom: Let There Be Carnage		8.00 Venom: The Last Dance				9.55 Wonder Woman	
303 FUN	◂ 6.15 Men in Black		8.00 Men in Black II			9.35 Men in Black 3		
307 GREATS	◂ 6.30 The Naked Gun		8.00 The Naked Gun 2½: The Smell of Fear			9.30 The Naked Gun 33⅓: The Final Insult		
312 ANIMATION	◂ 5.45 Smallfoot	7.25 Bee Movie			9.00 Penguins of Madagascar			
304 FAMILY	◂ 6.00 Cats & Dogs	7.35 Monster Trucks				9.35 Paul Blart: Mall Cop		
306 ACTION	◂ 6.15 Morbius		8.00 Bad Boys II					10.30 Fast & Furious
308 COMEDY	◂ 6.25 Billy Madison		8.00 Two Weeks Notice			9.45 White Chicks		
309 THRILLER	◂ 5.45 The Hunt for Red October		8.00 Eye in the Sky			9.50 Detroit		
310 DRAMA	◂ 6.10 Quartet		8.00 The Bodyguard				10.10 About a Boy	
311 SCI-FI	◂ 6.15 The Nun		8.00 It					10.20 Us
313 FILM4	7.05 See How They Run				9.00 A Few Good Men			
SPORT								
401 MAIN EVENT	◂ 6.00 Premier League Darts – Live: Coverage of the eighth night of the tournament at Uber Arena in Berlin						10.00 Tennis – Live: The Miami Open	
402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 PL Review		9.00 Big Interview	9.30 PL Stories	10.00 PL Review	
403 FOOTBALL	7.00 EFL Goals		8.00 SPFL Round-Up	8.30 EFL Highlights			10.00 Bundesliga...	10.30 EFL Goals
405 CRICKET	◂ 6.00 IPL							10.30 Best of ICC...
410 TNT SPORTS 1	◂ 5.00 MLB – Live (Start-time 5.15)		8.00 LIV Golf		9.00 PL Big Interview	9.30 PL Netbusters	10.00 Serie A – Full...	10.30 Tom Aspinall...
411 TNT SPORTS 2	7.00 PL Reload	7.30 Reload	8.00 AFL			9.30 MotoGP Highlights		10.30 MotoGP Films

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Just One Thing** New edition 4/12. A look at how swapping coffee for tea could lower stress levels. (S)
2.30 **The Travelling Auctioneers** (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Repair Shop on the Road** New edition Reviving a historic Hollerith card-punching machine at Bletchley Park. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

3.45 The Repair Shop on the Road

7.00 **The One Show** JB Gill and Clara Amfo present the topical show. (S)
7.30 **EastEnders** Cindy finds herself in hot water, Bea orchestrates a plan, Vicki supports Zack, and Penny accepts Vinny's offer. (S)(AD)

8.00 **MasterChef: The Professionals** Series finale 21/21. The final three chefs are tasked with making the best three-course meal of their lives for judges Marcus Wareing, Monica Galetti and Matt Tebbutt. (S)(AD)

9.00 **The Apprentice** New edition 9/12. Lord Sugar tasks the remaining candidates with selling products that will win over the nation on a TV shopping channel. (S)(AD)
■ *The Apprentice: Unfinished Business* follows on BBC2

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce hosts the topical debate, with politicians and other guests facing questions from an invited audience in Clacton-on-Sea, Essex. (S)
11.40 **Newscast** A panel of journalists hosts a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.45 AM **Just One Thing** (S)(R)(AD)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **The Tournament** Quiz. (S)(R)
2.30 **Chess Masters: The Endgame** (R)
3.00 **Clive Myrie's Italian Road Trip** (R)
3.30 **Big Little Journeys** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** The team visit Cliveden. (S)(R)
5.15 **Flog It!** From Truro. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Amy Gledhill, Jacqui Joseph, Tim Vine and Laurence Llewelyn-Bowen. (S)
6.30 **Great British Menu** New edition It is judging day, and only one chef can go through to represent north east England and Yorkshire. (S)(AD)

10.00 The Apprentice: Unfinished...

7.30 **LIVE Match of the Day Football: World Cup** Wales v Bosnia and Herzegovina: Coverage of the World Cup play-off semi-final, held at Cardiff City Stadium. Wales are looking to qualify for their second successive World Cup finals, having qualified for the first time since 1958 in 2022, while their opponents' only previous appearance in the finals was in 2014. The winners of this one-off contest will have home advantage when they face either Italy or Northern Ireland in the play-off final. Kick-off is at 7.45. *See feature, page 28.* (S)
■ Italy v Northern Ireland is live on BBC3 from 7.05pm

10.00 **The Apprentice: Unfinished Business** New edition 9/11. Angela Scanlon and guests examine the candidates' performances and analyse the latest task. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Clash of the Super Powers: America v China** 1/2. The battle for global power and influence between the nations. (S)(R)(AD)
12.00 M'T **FILM Licorice Pizza** Romantic comedy drama set in 1973, starring Alana Haim and Cooper Hoffman. (S)(AD) (2021, 15, 130min) ★★★★
2.10 AM **Sign Zone: Great British Menu** Culinary series. (S)(R)(AD)
3.10 **Sign Zone: The Other Bennet Sister** 3/10. (S1) (S)(R)(AD)
3.40 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity special, with Lucrezia Millarini, Judi Love and Ben Miller trying to guess well-known phrases to win £50,000 for charity. (S)(R)(AD)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the infamous Banker. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

7.30 **Tonight: Stronger, Faster, Younger? Britain's Steroid Boom** Reporter Antoine Allen investigates the increased use of performance-enhancing drugs, and asks whether the dangers are being ignored. (S)

8.00 **Emmerdale** Robert is accused, Joe is stunned, while Chas and Kim form an unlikely bond. (S)(AD)
8.30 **Coronation Street** Bernie pays Mal a visit in his hotel room, and Ben feels guilty for letting Will down. (S)(AD)

9.00 **Martin Lewis Money Show Live: Tax Year End Special** New edition With the end of the tax year approaching, Martin offers guidance on viewers' finances, help on preparing for key deadlines and examining the price rises. (S)

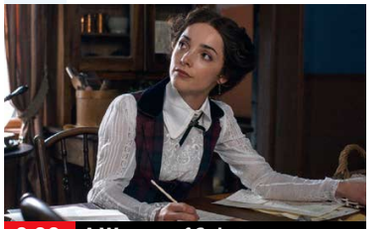
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **WhatsApp Obsession: The Murder of Stephanie Hansen** Documentary about a 39-year-old woman who was stabbed to death in 2022 by her housemate who had an obsession with her. (S)(R)(AD)
11.40 **Heathrow: Britain's Busiest Airport** The discovery of a new variant of Covid-19 causes chaos in Heathrow as airports around the world begin to close their borders to the UK. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** With Kaye Adams. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **The Floor** (S)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 1-3/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S6&7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** In Cedar Creek, Texas. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **Matt Baker: Our Farm in the Dales** 5/6. Documentary. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition A visit to Beach Suites in Southport. (S)
5.30 **Come Dine with Me** New edition Account manager Richard hosts night four in the West Country. (S)
6.00 **A Place in the Sun: What Happened Next?** New edition Catching up with past house-hunters in France and Spain. (S)



9.00 A Woman of Substance

7.00 **News** (S)

8.00 **George Clarke's Building Home** George meets a couple who are taking on the challenge of restoring a run-down house in a desirable street near their home in Solihull after spending 14 years living in Dubai. (S)(R)(AD)

9.00 **A Woman of Substance** New episode 6/8. Emma prepares the perfect Christmas for her family, but her unrelenting obsession with work and revenge brings danger to her door. (S1) (S)(AD)
■ Entire series on C4 streaming

10.00 **24 Hours in A&E** Pedestrian Jane is rushed to Queen's Medical Centre in Nottingham with multiple life-threatening injuries after being severely injured in a hit-and-run. (S)(R)(AD)
11.05 **24 Hours in A&E** A 65-year-old woman is rushed in after collapsing in the park. (S)(R)(AD)
12.05 AM **Lake District Rescue** A fallen scrambler is precariously lodged at the edge of a waterfall. (S)(R)
1.00 **Ramsay's Hotel Hell** (S)(R)(AD)
1.55 **The Hunt: Prey vs Predator** (S)(R)
2.50 **FILM Land** Drama directed by and starring Robin Wright. (S)(SL) (2021, 12, 90min) ★★★★
4.20 **A Place in the Sun** (S)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 FILM **Miss Willoughby Mysteries** Crime drama starring Nathalie Cox and Kelsey Grammer. A professor is asked by old family friends to investigate a series of hauntings at their antique bookshop. (S)(AD) (2021, PG, 120min) ★★
5.00 **News** (S)
6.00 **Love Nature** New edition From Sutton Park in Birmingham. (S)
6.05 **Susan Calman's Grand Day Out** The comedian heads to the Firth of Clyde. (S)(R)
6.55 **News** (S)

8.00 Yorkshire's Poshest Hotel

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts, with guests Ivo Graham and Gareth Malone joining team captains Sally Lindsay and Carol Vorderman. (S)
7.55 **News** (S)

8.00 NEW SERIES **Yorkshire's Poshest Hotel: Grantley Hall** 1/4. Cameras go behind the opulent doors of Grantley Hall as the owners strive to transform it into one of the world's finest hotels. (S)

9.00 **The Hotel Inspector** New edition Alex Polizzi visits the charming village of Bramber in East Sussex where friends Danny and Jack have gambled everything on The Castle Inn, a 16th-century hostelry. (S)(AD)

10.00 NEW SERIES **The Wire: Forensics Murder** 1/2. Kirsty Wark looks at the ongoing investigation into the brutal 1983 murder of Aberdeen taxi driver George Murdoch in light of a DNA breakthrough. (S)

11.05 **The Wire: Forensics Murder** Series finale 2/2. Detectives acquire DNA believed to be from George Murdoch's killer. (S)
12.05 AM **Murder 360** 1/10. A nine-year-old girl vanishes. (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **A&E After Dark** (S)(R)
4.10 **Friends** 13/24. (S4) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S2) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Conquest of the Skies** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S14) (S)(R)
3.00 **S.W.A.T.** 1/23. (S2) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** *Principal Charming:* Homer plays Cupid for Marge's sister Selma. (S)(R) **5.30** *Dancin' Homer:* Homer becomes a team mascot. (S)(R)
6.00 **The Office (US)** 22/28. Michael recruits his dream team. (S)(R) **6.30** 23/28. Michael promotes his new company. (S5) (S)(R)

8.00 Angels & Demons

7.00 **The Simpsons** *Old Money:* Grampa inherits $100,000 from a woman he fell in love with. (S)(R) **7.30** *Brush with Greatness:* Marge rediscovers her flair for art. Featuring the guest voice of Ringo Starr. (S)(R)

8.00 FILM **Angels & Demons** Mystery thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. With the clock ticking, Langdon dashes back and forth across Rome in a bid to unravel the mystery and save the day. (S) (2009, 12, 150min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.30 **Mr Bigstuff** 5/6. Lee takes drastic action when he realises his past has caught up with him, while Kirsty practises her wedding dance with Glen before coming clean about her shoplifting habit. (S1) (S)(R)

11.00 **Mr Bigstuff** 6/6. Glen and Kirsty learn that their wedding fund is empty. (S1) (S)(R)
11.30 **The Dyers' Caravan Park** 6/6. Danny and Dani reflect on their first season at the park. (R)
12.30 AM **Grimm** 1/22. Nick tries to find a cure for Juliette. (S2) (S)(R)
1.30 **Police 24/7** (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S1) (S)(R)
4.00 **S.W.A.T.** 1/23. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **12.10am** Scotcast (S)(R) **12.40** Weather for the Week Ahead (S) **12.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
6.55pm Party Political Broadcast (S)(R) **7.00-10.00** LIVE Football: World Cup (S) **10.40** The View (S) **11.20** Question Time (S) **12.20am** Newscast (S) **12.50-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00pm Best of Weatherman Walking (S)(R) **7.10-10.00pm** LIVE Football: World Cup (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
6.30pm Trace, Track, Get My Car Back (S)(R) **7.00** The One Show (S) **7.30** EastEnders (S)(AD) **8.00** MasterChef: The Professionals New edition (S)(AD) **9.00-10.00pm** The Apprentice New edition (S)(AD)

WALES
Sky 968, Freesat 968
6.30pm Scrum V: The Warm Up (S) **7.00** The One Show (S) **7.30** EastEnders (S)(AD) **8.00** MasterChef: The Professionals New edition (S)(AD) **9.00-10.00pm** The Apprentice New edition (S)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Richard Holt: Yr Academi Felys (AD) **12.30** Heno **1.00** Caeau Cymru **1.30** Y Deis **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Radio Fa'ma (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Naomi yn Yr Arctig **6.15** Heno New edition **7.00** Newyddion a'r Tywydd **7.20** LIVE Sgorio Rhyngwladol **10.05** NEW Sgrap **10.45-11.50pm** Teulu, Dad a Fi (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

7.00 PM **The Catch Up**
7.05 LIVE **Football: World Cup Play-Off** Italy v Northern Ireland: Stephen Watson presents all the action from the World Cup play-off semi-final at Stadio di Bergamo, as the teams compete for the chance to face Wales or Bosnia and Herzegovina for a place in this summer's World Cup finals. With analysis from Stuart Dallas, Chris Brunt, Stephen Craigan and Gianfranco Zola. Kick-off is at 7.45. *See feature, page 28.*
10.00 **The Trials of Pa Salieu** The British-Gambian musician tries to rebuild his life and career after prison.
10.45 **Funboys** 1/4. Comedy with Rian Lennon and Ryan Dylan. **11.10** 2/4. Callum moves in with Lorcan and his dad. (S1)
11.35 **Funboys** 3&4/4. (S1)
12.25 AM **Boarders** 3&4/6. (S3)
1.55 **The Trials of Pa Salieu**
2.45 **P Diddy: The Rise and Fall**
3.45 **to 3.55** AM **Press X on the BBC**

BBC4

116 119 107/108 9/24 106 108 11

7.00 PM **Fred Dibnah's Magnificent Monuments** Fred visits places of worship.
7.30 **Wainwright Walks: Coast to Coast** Julia Bradbury arrives in Robin Hood's Bay.
8.00 **Stonehenge: A Timewatch Guide** A look at how the BBC has interpreted moments in history.
9.00 NEW **Julian Barnes: Beyond the Page** The writer talks about his literary life and reflections on death.
9.30 FILM **The Sense of an Ending** Mystery drama based on the acclaimed novel by Julian Barnes, starring Jim Broadbent, Charlotte Rampling and Harriet Walter. (2017, 15, 108min) ★★★
11.15 **Mark Lawson Talks to Julian Barnes**
12.15 AM **My Garden of a Thousand Bees**
1.05 **Fred Dibnah's Magnificent Monuments**
1.35 **Wainwright Walks: Coast to Coast** As 7.30pm.
2.05 **to 3.05** AM **Stonehenge: A Timewatch Guide**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Tim Shaw and Fuzz Townshend rescue a 1992 VW Corrado. **5.50** Restoring a 1984 Opel Manta GTE owned by a former amateur rally driver.
6.50 **Location, Location, Location** Kirstie and Phil help a couple and a single mother in the Peak District.
7.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer meet Lauren and Christian in Bury St Edmunds, Suffolk, who are unsure whether to sell or upgrade their house.
9.00 **24 Hours in Police Custody: The Murder of Rikki Neave** 1/2. Exploring the largest ever unsolved murder case in the history of Cambridgeshire Police – the murder of a six-year-old child in 1994. **10.00** 2/2. A look at how analysis of the evidence brought up a new suspect who was with the victim on the day he was killed.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.25 **to 3.55** AM **Strangers on a Plane**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.50 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **Married at First Sight...**
11.30 **First Dates**
12.30 PM **Ramsay's Kitchen Nightmares USA**
1.30 **The Simpsons**
2.30 **Modern Family**
3.30 **Married at First Sight Australia** Reality series.
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons** Triple bill.
7.30 **Married at First Sight Australia** New edition The dinner party descends into chaos when a shock return re-ignites old feuds.
9.05 NEW SERIES **MAFS: After the Dinner Party** Companion show hosted by Jules Lund, Brittany Hockney and Laura Byrne.
10.05 **Gogglebox** Opinions on *Banged Up: Stars Behind Bars, Planet Earth, Culprits* and *Little Trains and Big Names with Pete Waterman.*
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.10 **Married at First Sight Australia** As 7.30pm.
2.40 **Gogglebox** As 10.05pm.
3.35 **The Goldbergs**
4.25 **to 6.00** AM **Don't Tell the Bride: Revisited**

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Brit Cops: Rapid Response**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 11/22. (S7)
1.00 PM **The Rookie** 13/14. Nolan and Bradford hope they can de-escalate a drug war. **2.00** 14/14. Lopez's wedding venue is seized by the FBI. (S3)
3.00 **Law & Order: Criminal Intent** 13/21. Goren tries to foil a terminally ill bank robber. (S3)
4.00 **Nothing to Declare**

9.00 FBI

7 PM — 7.00 **Police 24/7** This edition gives viewers an inside look at how law enforcement deals with the epidemic of car theft.

8 PM — 8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM — 9.00 **FBI** New episode *Ratlined:* 8/22. The team investigate after a journalist is shot while interviewing a prime minister. (S8)

10 PM — 10.00 **The Rookie** *The Kiss:* 9/18. The team mobilise to locate a suspect after a series of events affects one of their own. (S7)
11.00 **The Rookie** 10/18. (S7)
12.00 M'T **FBI** 8/22. (S7)
1.00 AM **Matlock** 8/19. (S1)
2.00 **Law & Order: SVU** (S25)
3.00 **Doc** 14/22. (S2)
4.00 **Highway Cops**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **House of the Dragon** (S1)
1.15 PM **House of the Dragon** 5/10. Alicent searches for the truth about the princess. **2.30** 6/10. Rhaenyra navigates continued speculation about her children. **3.55** 7/10. King Viserys calls for an end to infighting between the Great Houses. **5.10** 8/10. Rhaenyra tries to strike a bargain with Rhaenys. **6.30** 9/10. Alicent enlists help to track down Aegon. (S1)

7.45 House of the Dragon

7.45 House of the Dragon *The Black Queen:* 10/10. While mourning a loss, Rhaenyra tries desperately to hold the realm together and Daemon prepares for war. (S1)

9.00 The Fear Index 3/4. Alex is terrified that he may be losing his mind, but a new revelation convinces him that he is being framed.

10.00 The Fear Index 4/4. As VIXAL-4 exceeds its programming limits, Dr Hoffman races against the clock to stop what he might have started. (S1)
11.00 **House of the Dragon** 5/8. Daemon tries to persuade the Brackens to bend the knee. **12.15** AM 6/8. Rhaenyra summons a trusted knight. (S2) **1.35** 7&8/8. (S2)
4.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.20 **Real Housewives of Atlanta**
11.15 **Real Housewives of Beverly...**
12.10 PM **Ant & Dec's Limitless Win**
1.10 **Wheel of Fortune**
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Atlanta**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.00 Family Guy

7.00 Wheel of Fortune Graham Norton hosts the game show as three contestants compete to win big money prizes.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 Hell's Kitchen New edition 4/16. The chefs head to Stonington to test their teamwork and seafood skills.

10.00 Family Guy New episode 4/22. Lois uses stories about Peter to become a stand-up comedian. (S23) **10.30** 6/20. Peter enjoys Bonnie's cooking. (S20)
11.00 **Family Guy** 1/20. Peter, Chris, Stewie and Brian volunteer to build Doug a treehouse. (S20)
11.30 **American Dad!** (S17&16)
12.35 AM **Bob's Burgers** (S14)
1.30 **Deal or No Deal**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *Things That Go Bump in the Night:* An undertaker is found murdered in Fletcher's Cross.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Secrets:* A flasher prowls the moors, and Kate is confronted by a pregnant girl.

8.00 Vera

6.55 Heartbeat *End of the Line:* Greengrass attempts to turn events to his advantage when a remote farm is raided.

8.00 Vera *Dirty:* The murder of a cleaner whose death occurred several hours after the killer blow puts DCI Vera Stanhope on an intriguing trail, as she pieces together his final hours.

10.00 Endeavour *Harvest:* The discovery of a 2,000-year-old body provides Morse and Thursday with fresh clues in a five-year-old missing persons case.
11.50 **A Touch of Frost** *Endangered Species:* The detective stumbles on an exotic animal smuggling ring at a farm.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.10 **The Big Match Revisited**
8.00 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **BattleBots**
1.35 **Magnum, PI**
2.35 **Kojak**
3.40 **Boon**
4.50 **The Sweeney**
5.55 **Minder** *The Second Time Around:* Terry minds a fiction writer with a drink problem. Guest stars Beryl Reid.

10.35 Rabbit Hole

7.00 River Monsters Tracking down a deadly fish.
7.30 Made in Britain Jimmy Nail narrates a look inside a firework factory.

8.00 Junk & Disorderly After picking up trinkets from their favourite dealer, Henry and the gang set their sights on a big sale.

9.00 Ice Road Truckers A devastating wreck brings new driver Greg's heated rivalry with Jack to an abrupt end.

10.00 Ligue 1 Highlights The latest action from the top flight of French football.
10.35 Rabbit Hole New episode 3/8. Weir's traumatic history is brought to light. (S1)
11.50 **Hell's Kitchen**
12.45 AM **The Sweeney**
1.45 **Minder**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Entertainment Mix** New edition Culture and arts news presented by Michelle McManus.
8.00 **Icons of Style** 2/2. People from the 1990s onwards who have shaped Scottish fashion.
9.00 **The Agency: Unfiltered** 3/6. Livi does the splits on an agency night out. **9.30** 4/6. The competitors must work to fulfil a brief given to them by a brand.
10.00 **Situationships with Sophie and Christine** New edition 6/8. Relationship advice.
10.30 **Martin Compston's Norwegian Fling** 3/6. A crash course in offshore oil-rig safety training.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Scot Squad** 4/5. (S8)

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 1/8. (S1)
8.25 **Will & Grace** (S5)
1.30 PM **The Office (US)**
4.00 **Based on a True Story** Eight episodes of the series, including at: **6.45** 5/8. Ruby drags Ava and Nathan on a wild night out. **7.20** 6/8. A charity auction for teen runaways goes awry. **8.00** 7/8. Ava, Nate and Matt have to regroup. **8.30** 8/8. Ava and Nathan face a race against the clock. (S1)
9.00 **Last Week Tonight with John Oliver** Talk show.
9.45 **Community** 22/24. Shirley goes into labour. **10.15** 23/24. The students play paintball. **10.45** 24/24. A new team enter the paintball game. (S2)
11.15 **Community** 1-3/22. (S3)
12.45 AM **Barry** 1&2/8. (S3)
2.00 **American Auto** (S1)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Cats: The Musical**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the Unexpected**
2.00 **David Hockney: In Normandy**
3.00 **Beyond the Brush**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **Classic Movies: The Story of Ran**
10.00 **I Am Burt Reynolds**
11.45 **The Directors**
12.45 AM **Becoming Marilyn**
2.00 NEW **Billy Idol Should Be Dead** The musician's journey from punk to pop. *See feature, page 21.*
4.20 **Sky Arts Ambassador Bursary Shorts**
4.30 **to 6.00** AM **Inside Art**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
8.30 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 9/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 10/26. (S1)
8.00 **Nothing to Declare**
9.00 **World's Most Evil Killers**
10.00 **Killer in My Village**
11.00 **Star Trek: Enterprise**
12.00 M'T **Warrior** 3/10. (S3)
1.05 AM **The Force**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Wendy tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win a cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Ant & Dec's Limitless Win** Ant and Dec try to help more contestants climb the money ladder, with married couples Dan and Sarah, and Nik and Khajal taking part.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Tenable** Quiz show.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location** In west London.
10.00 **Stacey Solomon's Renovation Rescue**
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From France.
1.00 PM **A Place in the Sun**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **George Clarke's Old House, New Home**
7.00 **The Dog House**
8.00 **Help! I Bought it at Auction with Sarah Beeny** People who have bought homes at auction.
9.00 **Gogglebox**
10.00 **Moors Murders**
1.10 AM **The Great Celebrity Bake Off for Stand Up to Cancer**
2.30 **First Dates**
3.30 **Naked Attraction**
4.30 **to 5.00** AM **Sunday Brunch**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

- **6.00** AM **Most Haunted**
- **8.00** **Teleshopping**
- **11.00** **Star Trek: The Next Generation** 2/26. (S7)
- **12.00** NOON **Star Trek: Voyager**
- **1.00** PM **Star Trek: Deep Space Nine** 3/26. (S7)
- **2.00** **Warehouse 13** (S2)
- **4.00** **Stargate SG-1** 21/22. (S3)
- **5.00** **Star Trek: Voyager** 5/26. (S3)
- **6.00** **Star Trek: The Next Generation** 2/26. Alien ambassadors visit the *Enterprise* on a cultural exchange, causing Worf to lose his temper. (S7)

2.00 Warehouse 13

7.00 **Star Trek: Deep Space Nine** *Afterimage:* 3/26. The new Dax host faces the challenge of soothing Garak's troubles. (S7)

8.00 **Stargate SG-1** *Crystal Skull:* 21/22. Daniel must convince the team that a crystal skull grants access to inhabited areas. (S3)

9.00 **Grimm** *Let Your Hair Down:* 7/22. A length of hair at a crime scene provides a clue to the murder of a drug dealer.

10.00 **Grimm** *Game Ogre:* 8/22. A string of brutal murders leads Hank and Nick to an escaped convict who is seeking revenge. (S1)

- **11.00** **The Walking Dead** 4/6. Rick discovers Merle is not where he left him, and Jim's feverish rantings cause panic. (S1)
- **12.00** M'T **Warehouse 13** (S2)
- **2.00** AM **The Walking Dead** (S1)
- **3.00** **Reginald the Vampire** 4/10. Everything changes when Angela meets Maurice. (S1)
- **4.00** **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

- **7.10** AM **Murdoch Mysteries** (S15)
- **9.00** **Father Brown** As 7.00pm
- **10.00** **The Mentalist** As 4.00pm.
- **11.00** **Hudson & Rex** As 5.00pm
- **12.00** NOON **My Life Is Murder**
- **1.00** PM **Death in Paradise** (S8)
- **2.00** **Murdoch Mysteries** (S15)
- **4.00** **The Mentalist** 16/23. Jane is temporarily blinded. (S1)
- **5.00** **Hudson & Rex** 5/16. Charlie and Rex investigate the death of a professional pet sitter. (S1)
- **6.00** **My Life Is Murder** 4/10. Alexa investigates the murder of a museum curator. (S2)

9.00 Shakespeare & Hathaway

7.00 **Father Brown** *The Flower and the Fairway:* A body is discovered in the reeds of a golf club near Kembleford.

8.00 **Death in Paradise** *Wish You Weren't Here:* 3/8. A TV presenter's body is washed up after a midnight swim. (S8)

9.00 **Shakespeare & Hathaway: Private Investigators** 7/10. DS Keeler becomes a reluctant client. (S5)

10.00 **Father Brown** *The Requiem for the Dead:* The clerical sleuth open up old wounds when a child killer is murdered.

- **11.00** **Father Brown** As 7.00pm.
- **12.00** M'T **Death in Paradise** (S8)
- **1.00** AM **My Life Is Murder** (S2)
- **2.00** **We Hunt Together** 5/6. Freddy makes a deadly confession. (S2)
- **3.00** **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

- **7.10** AM **Highlights**
- **9.10** **Are You Being Served?**
- **9.50** **Last of the Summer Wine**
- **11.00** **Dad's Army**
- **11.40** **Porridge**
- **12.20** PM **Keeping Up Appearances**
- **1.00** **The Green Green Grass**
- **1.40** **Dad's Army**
- **2.20** **Hi-de-Hi!**
- **3.00** **Are You Being Served?**
- **3.40** **Porridge**
- **4.20** **Dad's Army**
- **5.00** **Last of the Summer Wine**
- **6.20** **Keeping Up Appearances**

10.20 Men Behaving Badly

7.00 **Porridge** Fletch decides it's time to sort out Godber's torrid love life.

7.40 **Dad's Army** The platoon are picked to appear in an army training film.

8.20 **Are You Being Served?** A strike forces the staff members to spend the night in the store.

9.00 **Gavin & Stacey** The Essex mob arrive for a day at the beach in Barry. **9.40** Gavin sets out to help Smithy accept his responsibilities.

10.20 **Men Behaving Badly** Gary gets rid of his 25-year-old sofa.

- **11.00** **Harry Enfield and Chums**
- **11.35** **Gavin & Stacey**
- **12.15** AM **Gavin & Stacey**
- **12.55** **Men Behaving Badly**
- **1.35** **Hi-de-Hi!**
- **2.25** **Harry Enfield and Chums**
- **2.55** **Ghosts**
- **3.25** **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

- **7.10** AM **Border Force: America's Gatekeepers**
- **8.00** **Cops on the Rock**
- **10.00** **Railroad Australia**
- **11.00** **Rick Stein's Mediterranean Escapes** As 6.00pm.
- **12.00** NOON **Border Force: America's Gatekeepers**
- **2.00** PM **Guy Martin's Lancaster Bomber** Documentary.
- **3.00** **Top Gear** Double bill.
- **5.00** **Hairy Bikers' Best of British**
- **6.00** **Rick Stein's Mediterranean Escapes** The chef samples seafood dishes in Majorca.

2.00 Guy Martin's Lancaster...

7.00 **Would I Lie to You?** With Steven Bartlett, Josie Gibson, Shirley Ballas and Chris McCausland.

7.40 **Richard Osman's House of Games** With Karim Zeroual and Rob Rinder. **8.20** With Steve Cram, Lloyd Griffith, Jeanette Kwakye and Josie Long.

9.00 **QI XL** Gyles Brandreth, Judi Love and Kiri Pritchard-McLean join regular Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts, with guests Chris McCausland and Sophy Ridge.

- **11.00** **Taskmaster: Champion of Champions** A two-part special welcoming back the champions from the first five series.
- **12.00** M'T **Mock the Week**
- **12.40** AM **Would I Lie to You?**
- **2.00** **to 4.00** AM **Mel Giedroyc: Unforgivable**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

- **7.00** AM **Birds of a Feather**
- **7.40** **The Bill**
- **8.35** **Doctors**
- **9.50** **Classic Holby City**
- **10.50** **Classic Casualty**
- **11.55** **The Bill**
- **12.55** PM **Classic EastEnders**
- **2.10** **All Creatures Great and Small** James encounters a dog that faints to gain attention
- **3.10** **Howards' Way**
- **4.20** **Shakespeare & Hathaway: Private Investigators**
- **5.20** **Birds of a Feather**
- **6.00** **Last of the Summer Wine**

8.00 Queens of Mystery

7.20 **Last of the Summer Wine** Pearl throws Howard out of the house, prompting him to make a stunning declaration.

8.00 **Queens of Mystery** *Smoke & Mirrors – Final Chapter:* 6/6. Beth and Cat continue to pursue leads on their own. (S1)

9.00 **Father Brown** *The Tree of Truth:* A body is identified as a woman who went missing seven years earlier.

10.00 **New Tricks** *God's Waiting Room:* Sandra's mother needs to move into a care home. Guest stars June Whitfield.

- **11.20** **The Inspector Lynley Mysteries** *If Wishes Were Horses:* Crime drama.
- **1.20** AM **All Creatures Great and Small** Rural drama.
- **2.30** **Birds of a Feather**
- **3.05** **to 4.00** AM **The Marlow Murder Club**

+1 hour 243 316 60 260

Thursday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

- **9.00** AM **Entertainment News**
- **9.10** **NCIS** 8-10/24. (S8)
- **12.00** NOON **Law & Order**
- **6.00** PM **NCIS** *Swan Song:* 23/24. A member of the NCIS team is targeted. **7.00** *Pyramid:* 24/24. Gibbs and the team attend the funeral of a fallen colleague. (S8) **8.00** *Nature of the Beast:* 1/24. Tony tries to piece together the chain of events that led to him being shot. (S9)
- **9.00** **Blue Bloods** *Grave Error:* 9/19. Erin has a disagreement with a psychiatric consultant. **10.00** *Bones to Pick:* 10/19. Danny and Baez investigate the death of a woman. (S10)
- **11.00** **Law & Order: Special Victims Unit** (S24&23)
- **2.45** AM **Law & Order: Criminal Intent** (S6)
- **3.35** **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

- **8.00** AM **Bargain-Loving Brits in the Sun**
- **10.00** **Dogs Behaving (Very) Badly** Documentary.
- **11.00** **Traffic Cops** Triple bill.
- **2.00** PM **Police Interceptors**
- **5.00** **Car Pound Cops**
- **6.00** **Home and Away**
- **7.00** **GPs: Behind Closed Doors** Medical series.
- **8.00** **Casualty 24/7: Every Second Counts**
- **9.00** **A&E After Dark** Dr Chris comes across a crash on his way home.
- **10.00** **Ambulance: Code Red** A man collapses at the wheel and crashes his car in the street.
- **11.00** **Skin A&E**
- **12.00** M'T **Call the Bailiffs: Time to Pay Up**
- **1.00** AM **Nightmare Tenants, Slum Landlords**
- **2.00** **GPs: Behind Closed Doors** Medical series.
- **2.45** **Skin A&E**
- **3.35** **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

- **9.00** AM **Entertainment News**
- **9.10** **Winter Road Rescue**
- **9.45** **Police Interceptors**
- **11.40** FILM **In Old California** Western drama. (1942, b/w, PG, 88min) ★★
- **1.35** PM FILM **My Name is Nobody** Comic Western. (1973, 15, 115min) ★★★
- **4.00** **Trucking Heavy**
- **5.00** **Traffic Cops**
- **6.00** **Police Interceptors**
- **8.00** **Motorway Cops: Catching Britain's Speeders** PC Brian Camsell responds to a 999 call at 8am about a woman drinking wine while driving.
- **9.00** **Trucking Hell: Wild Weather Rescues**
- **10.00** **Outback Truckers**
- **11.00** **The X-Files** 14/24. (S1)
- **12.00** M'T **Mud Mountain Haulers** Documentary.
- **1.00** AM **Outback Truckers**
- **2.00** **Trucking Hell**
- **3.55** **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

- **6.10** AM **Gemma and Gorka: Life Behind the Lens**
- **7.00** **Tipping Point**
- **10.00** **Find It, Fix It, Flog It**
- **11.00** **DIY SOS: The Big Build**
- **1.00** PM **Tipping Point**
- **4.00** **My Dream Home**
- **6.00** **DIY SOS: The Big Build**
- **8.00** **Pete Wicks: For Dogs' Sake** Pete meets a puppy who needs urgent treatment for a badly broken leg.
- **9.00** **Louis Theroux: The Most Hated Family in America** A controversial Kansas church known for protesting against homosexuality.
- **10.00** **Louis Theroux: America's Most Hated Family in Crisis**
- **11.00** **Face to Face with Armageddon**
- **11.55** **Bad Girls Behind Bars**
- **12.55** **to 3.00** AM **Emma Willis: Delivering Babies**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

- **6.10** AM **Great British Railway Journeys**
- **8.00** **Bangers & Cash**
- **10.00** **Adolf Hitler's War**
- **11.00** **Secrets and Spies: A Nuclear Game**
- **12.00** NOON **Antiques Roadshow** Double bill.
- **2.00** PM **Bangers & Cash: Restoring Classics**
- **4.00** **Adolf Hitler's War**
- **5.00** **Secrets and Spies: A Nuclear Game**
- **6.00** **Antiques Roadshow**
- **7.00** **Operation Arctic**
- **8.00** **Bangers & Cash** New edition A pair of sporty 1960s Triumphs.
- **9.00** **Hunting Outback Gold** Series finale Tanya uncovers a theory that flips the hunt to the east.
- **10.00** **Bangers & Cash: Restoring Classics**
- **12.00** M'T **Retro Electro Workshop** Double bill.
- **2.00** **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

Really

142 153 165 44 149 40

- **6.00** AM **Celebrity Fantasy Homes** Camilla Dallerup.
- **7.00** **Teleshopping**
- **8.00** **Escape to the Country**
- **9.00** **Salvage Hunters**
- **12.00** NOON **Antiques Road Trip** Double bill.
- **2.00** PM **The Repair Shop**
- **3.00** **The Derbyshire Auction House**
- **4.00** **Long Lost Family: What Happened Next**
- **6.00** **The Yorkshire Auction House** Double bill.
- **8.00** **Antiques Road Trip** Margie Cooper and Tim Medhurst head to Blackpool on the fourth leg of their journey.
- **9.00** **Ghosts off Grid** New edition Jordyn and Johnny investigate a haunted diner.
- **10.00** **Help! My House Is Haunted** Four editions.
- **2.00** AM **Teleshopping**
- **4.00** **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Great! TV
157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 8-10/22. (S2)
1.00 PM **The Waltons** (S5)
3.00 **Ballykissangel** (S5)
4.10 **Born and Bred** (S3)
5.20 **Bramwell** 4/7. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 3/25. Hot Lips comes back to announce her engagement. **8.00** 4/25. Hawkeye is temporarily blinded. **8.30** 5/25. A sergeant arranges Radar's promotion. (S5)
9.00 **Just Good Friends Christmas Special** 8/8. Penny looks back at her on-off relationship with Vince. (S2)
11.00 **The New Avengers**
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S5)
2.25 **Home to Roost** (S2)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action
323 319 426 42 33

9.00 AM **The Avengers**
11.00 **The High Chaparral**
12.00 NOON **FILM Hellgate** Western adventure with Sterling Hayden. (1952, b/w, PG, 87min) ★★
1.55 PM **FILM The 300 Spartans** Classical war epic with Richard Egan. (1962, PG, 113min) ★★★
4.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S6)
9.00 **FILM Eliminators** Thriller starring Scott Adkins and Stu Bennett. (2016, 15, 94min) ★★
11.00 **FILM Blowback** Thriller starring Randy Couture. (2022, 15, 93min) ★★
1.00 AM **The Baron** (S1)
2.00 **The New Avengers**
3.00 **FILM Johnson County War – Part 1** Western starring Tom Berenger. (2002, 12, 85min) ★★
4.25 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery
321 318 425 50 48

8.10 AM **FILM Aurora Teagarden Mysteries: Haunted By Murder** Thriller. (2022, U) ★★
10.05 **In Plain Sight** (S2)
11.05 **Castle** 1/22. (S8)
12.05 PM **FILM Martha's Vineyard Mysteries: Poisoned In Paradise** Thriller. (2021, PG) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 2/22. (S8)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S2)
10.00 **FILM Ruby Herring Mysteries: Prediction Murder** (2020, PG) ★★
11.55 **FILM Garage Sale Mysteries: The Wedding Dress** (2015, PG) ★★
1.50 AM **FILM I Almost Married A Serial Killer** Thriller. (2019, 12) ★★
3.20 **to 5.00** AM **FILM Target: My Daughter** Thriller. (2017, 12) ★★

+1 hour 322

Great! Romance
319 317 424 52 47

8.10 AM **FILM After the Storm** Romance. (2019, PG, 85min) ★★
10.20 **FILM Two For The Win** Drama. (2021, PG) ★★
12.10 PM **FILM Splash of Love** Romantic comedy. (2022, U, 85min) ★★
2.05 **FILM Love, Classified** Drama. (2022, PG) ★★
4.05 **FILM Love at the Lodge** Drama. (2022, PG, 89min) ★★
6.05 **FILM One Summer** Drama. (2021, PG) ★★
8.00 **FILM Fishing for Love** Drama. (2021, U) ★★
10.00 **FILM Christmas in Evergreen: Tidings of Joy** Festive romance. (2019, PG, 90min) ★★
11.55 **FILM The Mistletoe Promise** Drama. (2016, U, 84min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love, Classified** Drama. (2022, PG, 90min) ★★

+1 hour 320

Together TV
170 136 83 162

6.00 AM **Teleshopping**
11.00 AM **Garden Rescue**
12.00 NOON **Great British Food** Double bill.
1.00 PM **The Greatest Auction** A Tube map.
2.00 **My Floating Home**
3.00 **New Home DIY**
4.00 **Supermarket Secrets Revealed**
5.00 **Highclere: The Real Downton Abbey**
6.00 **The Greatest Auction**
7.00 **Garden Rescue**
8.00 **My Floating Home**
9.00 **Supermarket Secrets Revealed**
10.00 **FILM Mary Millington: Confessions from the David Galaxy Affair** Comedy. (1979, 18) ★★
12.00 M'T **FILM Come Play with Me** Sex comedy. (1977, 18, 90min) ★★
2.00 AM **The Greatest...**
3.00 **Highclere: The Real Downton Abbey**
4.00 **to 5.00** AM **Supermarket Secrets...**

Rewind TV
182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Space 1999** 5/24. (S2)
11.05 **Shine on Harvey Moon**
12.10 PM **The Dustbinmen**
12.40 **Agony** (S3)
1.10 **Star Maidens**
1.40 **Boon** 2/13. (S1)
2.40 **Rewind Time Machine**
2.45 **Space 1999** 5/24. (S2)
3.50 **We Had One of Those**
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S2)
6.30 **Star Maidens**
7.00 **Agony** (S3)
7.30 **The Gaffer** (S3)
8.00 **Boon** 2/13. (S4)
9.05 **Drop the Dead Donkey**
10.05 **FILM Mission Killfast** Action adventure. (1991, 18, 97min) ★★
12.05 AM **London in the Raw**
1.35 **Stereo Underground**
2.35 **The Rewind Jukebox**
3.35 **Mysterious Tales**
3.40 **to 6.00** AM **Highlights**

DMAX
159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Curse of the Frozen Gold**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Life aboard ship in the Alaskan crab-fishing fleet. **8.00** Sig's stress takes a toll while Sean tries to dock in a hurricane.
9.00 **Expedition X** An extra-terrestrial underwater base off Catalina Island.
10.00 **Expedition Unknown**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid: Alone** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Paul Hollywood: City Bakes** Double bill.
7.00 **The Hairy Bikers Go North** From Leeds.
8.00 **The Pioneer Woman**
9.00 **Jamie's Quick & Easy Food** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers Go North** From Leeds.
4.00 **The Pioneer Woman**
5.00 **Jamie's Quick & Easy Food** Double bill.
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **James Martin's Islands to Highlands**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 8/22. (S6)
9.00 **T.J. Hooker** 4/5. (S1)
10.00 **The Invaders** (S2)
11.00 **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
1.00 PM **FILM Treasure Island** Adventure. (1971, U, 95min) ★★★
3.00 **FILM Prince Valiant** Arthurian adventure. (1997, PG, 91min) ★★
5.00 **Star Trek** 18/24. (S3)
6.00 **The Invaders** (S2)
7.00 **T.J. Hooker** 5/5. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Eiger Sanction** Action thriller. (1975, 15, 125min) ★★
11.35 **FILM Street Kings** Police thriller. (2008, 15, 105min) ★★★
1.50 AM **FILM Runner Runner** Thriller. (2013, 15, 91min) ★★★
3.35 **to 5.15** AM **FILM Assault on Station 33** Thriller. (2021, 15) ★★

Legend Xtra
317 316 171 69 138 51

9.00 AM **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
11.00 **The Lost World** (S3)
12.00 NOON **King Solomon's Mines Part 2**
2.00 PM **FILM Asteroid v Earth** Sci-fi disaster. (2014, 15, 91min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Martian Land** Sci-fi drama. (2015, PG, 90min) ★
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** 11/22. (S3)
9.00 **FILM Sniper: Special Ops** Action thriller. (2016, 15, 82min) ★★
10.45 **FILM Basic Instinct** Erotic thriller. (1992, 18, 128min) ★★★★
1.15 AM **FILM Sniper: Special Ops** As shown at 9.00pm.
3.00 **FILM Martian Land** As shown at 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Storage Hunters**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Mountain Men**
12.10 PM **Swamp People**
1.05 **Storage Hunters**
2.05 **Storage Wars**
3.05 **Junk & Disorderly: Henry's Wreck-trospective**
4.00 **Ancient Aliens**
5.00 **In Search of Aliens**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens**
10.00 **The Proof Is Out There**
11.00 **UnXplained: Mysteries of the Universe**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **In Search of Aliens**
2.00 **Ancient Aliens**
3.00 **Mountain Men**
3.45 **to 6.00** AM **Highlights**

5SELECT
153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.50 **World's Most Scenic Railway Journeys**
5.55 **Great Lighthouses of Ireland** In Co Cork.
6.55 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **William: When He Becomes King** Looking at how the Prince of Wales might shape and redefine the monarchy.
10.30 **The King's Grandchildren: Growing Up Rich** Documentary examining the lives of the royal grandchildren.
12.00 M'T **Wentworth Prison**
1.05 AM **Happy Campers: The Caravan Park**
3.05 **to 4.00** AM **Paul Martin's Antiques Showdown**

Challenge
130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Game show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Game show hosted by Warwick Davis.
7.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** Matthew Wright, Suzi Perry, Ian 'H' Watkins and Crissy Rock take part in the quiz.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **90 Day: The Single Life** New edition Jamal and Josh take Kim for a new look, Sophie and Liz's friendship hits a boiling point, and Cortney is in shambles when she finds out Colt's secret.
10.00 **Sister Wives** New edition Meri ventures into the wild world of dating apps, and Kody struggles to fake it about the new family dynamic, as he and Robyn pack up.
11.00 **Dr Pimple Popper: Breaking Out**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show**
9.00 **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S8&9)
7.50 **Friends** 5/24. The pals gather together for Phoebe's birthday. **8.20** 6/24. Ross disagrees with Rachel's choice of nanny. (S9)
9.00 **FILM Maverick** Comedy western. (1994, PG, 127min) ★★★
11.30 **Iain Stirling's Roast the Internet**
12.30 AM **Whose Line Is It Anyway? USA**
2.00 **South Park** (S17)
3.00 **Rosie Jones Tries to Help** With Tom Allen.
3.05 **Jeff Dunham: Me the People** Comedy special.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** 6&7/23. (S8)
7.00 **Teleshopping**
9.00 **Spin City** (S3)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S1)
1.00 PM **Criminally Funny**
2.30 **Comedy Game Night**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 25/26. Mike has to work with his ex. **6.30** 26/26. Mike tries to reassure Nikki. (S3)
7.00 **Everybody Loves Raymond** 8-13/23. (S8)
10.00 **Friends** 3-8/24. (S8)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Whose Line Is It Anyway? USA**
3.00 **Reno 911!** (S7)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 164 42

8.00 AM **Highlights**
10.45 **Steptoe and Son** (S5)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the House** 7/7. Sitcom. (S6)
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 10/13. Sitcom. (S1)
2.45 **Minder** 8/10. (S5)
3.45 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Some Mothers Do 'Ave 'Em** 6/6. Sitcom. (S2)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.05 **Steptoe and Son** (S5)
6.45 **Rising Damp** 3/7. (S1)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 10/11. (S1)
9.00 **Benidorm** 7/7. (S8)
9.55 **Shameless** 10/16. (S6)
11.00 **Man About the House**
11.35 **Rising Damp** 4/6. (S4)
12.05 AM **Benidorm** 7/7. (S8)
1.05 **Minder** 1/13. (S3)
2.10 **to 6.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **MTV Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom: From The Beginning** Reality show.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Help! I'm in a Secret Relationship!**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **90's House**
9.00 **Skin A&E**
10.00 **Sleeping with My Murderer** Kylie Dembrey.
11.00 **Caught in the Act: Double Life**
12.00 M'T **Love & Hip Hop: Atlanta** Reality series.
1.00 AM **Caught in the Act: Unfaithful**
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Tanked** Double bill.
9.00 **The Last Woodsmen**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.30** A look at the making of wood-frame sports cars.
5.00 **Alaska: Homestead Rescue** The Raneys race against time to rescue a Texas homestead. **6.00** The Raneys reflect on their life-changing rescues.

9.00 Rite of Passage

7.00 **Wheeler Dealers** A classic truck – a Dodge SRT-10 – is in need of some serious work.
8.00 **Wheeler Dealers** Mike Brewer and Ant Antstead reminisce about the experiences they have had in the series.
9.00 **Ed Stafford's Rite of Passage** New edition Ed has to learn to control his Qi before fighting a martial arts master.
10.00 **In the Eye of the Storm** Eyewitnesses film their attempts to escape the worst natural disaster in Maui history in 2023.
11.00 **Expedition Bigfoot** A shadow figure gets too close for Ronny and Mireya's comfort.
12.00 M'T **Deadliest Catch**
1.00 AM **Ed Stafford's Rite of Passage** As 9.00pm.
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Wild Appalachia**
10.00 **Tanked** Wilmer Valderrama.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A pair of cats seemingly intent on destroying their home. **4.00** Jackson Galaxy deals with a bullying feline.
5.00 **Lone Star Law** The wardens rush to save a sick bald eagle.
6.00 **Dr Jeff: Rocky Mountain Vet** Treating a pack of wolves.

5.00 Lone Star Law

7.00 **Treehouse Masters** Pete Nelson builds a barn-like birdhouse for two retirees on their Wisconsin farm.
8.00 **Speed of Life** A look at the intricacies of daily life in the natural world, capturing a Harris hawk's attack on a partridge.
9.00 **Alaska: The Last Frontier** Otto, Jane and Shane transport a cabin to the distant and uninhabited Perl Island.
10.00 **Alaskan Bush People** The Browns flee the mountain during a dangerous lightning storm in the heat of fire season.
11.00 **The Haunted** A girl is attacked by an invisible entity.
12.00 M'T **Crikey! It's the Irwins** Robert relocates the zoo's most aggressive crocodile.
1.00 AM **Preposterous Pets**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Dutch Caribbean Coastguards** Documentary.
9.00 **Air Crash Investigation: Special Report**
10.00 **Tut's Treasures: Hidden Secrets** Documentary.
11.00 **Strangest Things**
12.00 NOON **Disaster Autopsy**
1.00 PM **Car S.O.S**
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Amsterdam Central 24/7**
5.00 **Car S.O.S** Restoring a Lancia Delta Integrale.
6.00 **Inside Sydney Airport**

10.00 Northwoods Survival

7.00 **Air Crash Investigation** A reconstruction of Korean Air Cargo Flight 8509's accident in December 1999.
8.00 **Car S.O.S** New edition Tim Shaw and Fuzz Townshend tackle their first motorbike – a 1973 Triumph Bonneville.
9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Bournemouth, Dorset, to surprise a man by making over his Ford Anglia.
10.00 **Northwoods Survival** New edition Margot is caught off guard by an unplanned litter of puppies.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Airport Lost & Found** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Abandoned**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Full Custom Garage**
6.55 **Adventure Gold Diggers**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **Digging for Britain**
1.00 PM **The UnBelievable with Dan Aykroyd** New edition The strangest-but-true stories in human history.
2.00 **Storage Hunters** Eight editions of the series.
6.00 **American Pickers** Mike Wolfe comes up with a staggering six-figure offer to take home five ultra-rare motorbikes.

9.00 History's Deadliest

7.00 **Forged in Fire** The final three blademsiths are challenged to forge a historic hunting weapon.
8.00 **Swamp People** New edition Floodwaters swallow the bayou, and Troy and Pickle struggle with drowned lines.
9.00 **History's Deadliest with Ving Rhames** New edition The actor explores the most powerful forces of death.
10.00 **The UnBelievable with Dan Aykroyd** The strangest-but-true stories in human history.
11.00 **The UnXplained with William Shatner** A look at how and why age-old mysterious ruins and ancient structures were built.
12.00 M'T **Storage Hunters**
2.50 AM **History's Deadliest with Ving Rhames** As 9.00pm.
3.40 **Swamp People** As 8.00pm.
4.25 **Pawn Stars**
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Celtics City**
7.05 **Discovering: Frances McDormand**
8.00 **The Directors**
9.00 **The Movies**
10.00 **The Nazi Cartel**
11.00 **The Sixties**
12.00 NOON **Spitfire**
2.00 PM **Everton: Howard's Way** The story of Everton's trophy-winning peak in the 1980s.
4.00 **Discovering: Frances McDormand**
5.00 **The Directors**
6.00 **The Movies**

7.00 Lancaster

7.00 **Lancaster** Exploring the story of the legendary bomber synonymous with the Dambusters, the night raids against Germany and the brave men and women who made them possible.
9.00 **Chernobyl: The Lost Tapes** Newly discovered archive footage and witness accounts reveal the story behind the 1986 nuclear disaster and the heroic efforts made to prevent another explosion.
11.00 **Bobby Robson: More Than a Manager** Exploring the career of the much-loved former football manager.
1.00 AM **I Am Bruce Lee** The life of the actor and martial artist.
3.00 **Jealous Guy: The Assassination of John Lennon**
4.45 **My Icon: Kelly Smith**
5.00 **to 6.00** AM **Discovering: Frances McDormand**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Antiques Road Trip**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **Celebrity Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Outback Opal Hunters** New edition The Misfits are left to fend for themselves as 'Opal' Joe Kalmar's health worsens.
10.00 **Richard Hammond's Workshop** New staff are thrown in the deep end on a rare Lotus, and a unique race car.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Forbidden: Dying for Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** The case of Kenia Monge.
9.00 **Evil Lives Here** New episode The shocking stories of people who discovered they lived with a killer.
10.00 **Your Worst Nightmare**
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **The Suitcase Murders** Double bill.
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Nurse Marie Isotone, who claimed her husband died naturally while in her care.
8.00 **Fraud Squad** The UK's biggest Blue Badge fraud is unearthed.
9.00 **Descent of a Serial Killer** The crimes of prolific serial killer, Gerard Schaefer.
10.00 **Britain's Almost Perfect Murders** New edition The case of nurse Beverley Allitt, who murdered four children and harmed nine more.
11.00 **Bloodline Detectives** A look at the case of Esther Gonzalez, who was killed in 1979 while walking in Riverside.
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **The Killer You Know**
10.45 **Teleshopping**
11.00 **48 Hours**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **The Killer You Know** The story of how hatred and greed lead four killers to revenge. **3.00** Police are stunned after investigating three murder cases.
4.00 **48 Hours**
5.00 **Medical Detectives** Invetigating a train crash in Alabama in 1993. **5.30** An inferno at King's Cross station in London. **6.00** A discarded sleeping bag contains evidence of a murder. **6.30** A woman's accidental death begins to look suspicious.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **The Force: Manchester**
7.00 **Brit Cops: Law & Disorder** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
2.00 PM **The Killer Within**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Catching the Killer**
10.00 **World's Most Evil Killers**
11.00 **Catching the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the Killer** Documentary.
2.00 **Murder Uncut**
3.00 **Britain's Most Evil Killers**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered...**
8.35 **Treasures Decoded**
9.35 **Los Angeles: Stories from the City**
10.40 **The War**
11.50 **Matter of Mind: My Alzheimer's**
1.00 PM **Weathered: Earth's Extremes**
1.35 **Treasures Decoded**
2.40 **Matter of Mind: My Alzheimer's**
3.55 **The War**
5.00 **Los Angeles: Stories from the City**
6.00 **Treasures Decoded**
7.00 **Los Angeles: Stories from the City**
8.05 **The War**
9.10 **Matter of Mind: My Alzheimer's**
10.20 **Los Angeles: Stories from the City**
11.30 **Weathered: Earth's Extremes**
12.00 M'T **The War**
1.10 **to 2.00** AM **Weathered: Earth's Extremes**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Guardians of the Wild**
9.00 **Orangutan Jungle School**
10.00 **Into the Wild: India**
11.00 **Africa's Hunters**
12.00 NOON **Secrets of the Enchanted Waters**
1.00 PM **Monkey Life**
2.00 **Guardians of the Wild**
3.00 **Orangutan Jungle School**
4.00 **Into the Wild: India**
5.00 **Africa's Hunters**
6.00 **Secrets of the Enchanted Waters** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Chasing the Rains**
9.00 **Wolves and Lions: Old Enemies**
10.00 **Secrets of the Enchanted Waters** Documentary.
11.00 **Africa's Hunters**
12.00 M'T **Secrets of Wild Australia**
1.00 AM **New Kids in the Wild**
2.00 **Chasing the Rains**
3.00 **Wolves and Lions: Old Enemies**
4.00 **Guardians of the Wild**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Evidence of the Unexplained**
8.00 **What on Earth?**
9.00 **Battle 360**
10.00 **Combat Machines**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **Evidence of the Unexplained**
6.00 **What on Earth?**
7.00 **Battle 360**
8.00 **Combat Machines** A look at the military engineering used during the Vietnam War
9.00 **Bomber: Terror of WWII** The bombing of German cities.
10.00 **Commando Missions** Focusing on Musketoon Operation, which was carried out by British and Norwegian commandos in 1942.
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Weird Britain**
3.00 **Digging for Britain**
4.00 **World's Most Unexplained**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **Through the Wormhole with Morgan Freeman**
4.00 **How the Universe Works**
6.00 **How Do They Do It?**
9.00 **How It's Made** A look at how steel pulleys are made. **9.30** The manufacture of wood slat baskets and bells. **10.00** The development of DeLoreans and bison fibre. **10.30** How objects including air hockey tables are made.
11.00 **How It's Made: Dream Cars** The crew head to the birthplace of the KTM X-Bow. **11.30** The Tesla Model S. **12.00** M'T A look at the Superformance MKIII. **12.30** AM The birthplace of the Koenigsegg One:1.
1.00 **Through the Wormhole with Morgan Freeman**
2.00 **How the Universe Works**
4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Nightmare in Suburbia**
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **An Hour to Kill**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Accident, Suicide or Murder?** A police officer calls 911 to report his wife unconscious.
9.00 **Predator Files** New editions A predator who has been jailed resurfaces online. **9.30** A man's addiction draws him into a trafficking network.
10.00 **Ozark Law** New edition A full moon brings out a special kind of chaos at the lake.
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **America's Mighty Northwest**
11.00 **Shark Men**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Venom Files: Anatomy of a Snake Bite** Documentary.
3.00 **Jungle Animal Rescue**
4.00 **Secrets of the Zoo**
5.00 **Ice Road Rescue**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** A hidden camera captures the birth of a litter of wolves.
8.00 **Crocodiles Revealed** Observing the predators in and out of the water.
9.00 **The Croc That Ate Jaws** Experts judge what would happen if a crocodile fought a shark.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Something Bit Me**
1.00 AM **Animal Fight Club**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

7.00 AM **Bullet Points**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers: Reloaded**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Exploring how the universe came into existence.
1.00 PM **The Alaska Triangle**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Bullet Points** Examining how the United States' hostile confrontation with two communist giants in the Far East opened the way for a free and democratic South Korea.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **The Alaska Triangle**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
5.00 **Three Up, Two Down**
9.00 **Three Up, Two Down** 1/6. To Daphne's delight Sam packs in his hobby of taxidermy, but takes up another – their new next-door neighbour Rhonda. **9.40** 2/6. Daphne confronts Sam's new girlfriend, while Angie lands a screen test for a TV commercial. **10.20** 3/6. Daphne starts to warm to Sam, prompting him to break up with Rhonda – who does not take it well. **11.00** 4/6. Sam, having arranged a surprise for Daphne, is disappointed to discover that she is not free. **11.40** 5/6. Daphne has back trouble on the day of her driving test, but Sam puts things right. **12.20** AM 6/6. A journey back to London from Cheltenham becomes eventful. (S4)
1.00 **to 6.00** AM **Three Up, Two Down**

+1hour 266 376

ID

154 140 166

8.00 AM **To Catch a Killer**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here: Shadows of Death**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here: Shadows of Death** A young woman's body is found on a deserted road.
5.00 **Southern Fried Homicide**
7.00 **Evil Online** After meeting a woman online, Alan Lee Lama moved across the country to be with her. However, he soon became caught up in a bizarre love triangle. **8.00** The case of 14-year-old cheerleader Alicia DeBolt.
9.00 **American Detective with Lt Joe Kenda** Two women discover severed human appendages on their doorstep.
10.00 **The Murder Tapes**
12.00 M'T **Police 911: Michigan**
1.00 AM **Good Cop, Bad Cop**
2.00 **Southern Fried Homicide**
4.00 **to 6.00** AM **Evil Online**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Anthony goes to a mechanics boot camp.
1.00 PM **Outback Car Hunters**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Ant Anstead: Born Mechanic**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant hopes to restore and sell a 1980 Triumph Dolomite Sprint.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **On Swift Horses** (2024)
8.05 PREMIERE **Superman** (2025)
10.30 PREMIERE **One Battle After Another** As 10.20pm.
1.30 PM **Materialists** Romantic comedy with Dakota Johnson. (2025, 15, 116min) ★★★★
3.30 **On Swift Horses** Romance starring Daisy Edgar-Jones. (2024, 15, 119min) ★★★
5.40 **Jurassic World: Rebirth** Fantasy action adventure. (2025, 12, 133min) ★★★

10.20 One Battle After Another

8.00 PREMIERE **Superman** Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton attempts to protect Earth from evil genius Lex Luthor. With Nicholas Hoult. (2025, 12, 129min) ★★★★ *See review, page 22.* SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 PREMIERE **One Battle After Another** Action thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. (2025, 15, 161 min) ★★★★★ *See review, page 23.* SEX ●●● VIOLENCE ●●● LANG ●●●

1.20 AM **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★
3.05 **Man Finds Tape** Horror. (2025, 15, 84min) ★★★★
4.45 **to 6.55** AM **Materialists**

Sky Cinema Fun

303 303 403 503 517

6.45 AM **Blithe Spirit** As 1.25am.
8.30 **Funny Cow** As 3.15am.
10.15 **Back to the Future** Comedy. (1985, PG, 115min) ★★★★★
12.15 PM **Back to the Future Part II** Comedy adventure sequel. (1989, PG, 107min) ★★★
2.15 **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★
4.15 **Bad Boys** As 11.25pm.
6.15 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★

6.15 Men in Black

8.00 **Men in Black II** Sci-fi comedy sequel starring Tommy Lee Jones and Will Smith. When an evil alien threatens Earth, MIB agent Jay needs the help of his former partner Kay. (2002, PG, 88min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith, Tommy Lee Jones and Josh Brolin. Wisecracking Men in Black agent J goes back in time to 1969 to save the life of the young Agent K. (2012, PG, 105min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Bad Boys** Comedy thriller. (1995, 15, 118min) ★★★
1.25 AM **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
3.15 **Funny Cow** Comedy drama. (2017, 15, 102min) ★★★★
5.05 **to 6.55** AM **Adult Life Skills** Comedy with Jodie Whittaker. (2016, 15, 114min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.50 AM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
9.10 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
11.30 **Legends of the Fall** Epic drama. (1994, 15, 133min) ★★★★
1.45 PM **Cool Hand Luke** Prison drama starring Paul Newman. (1967, 15, 126min) ★★★★★
3.55 **It Ends with Us** Drama. (2024, 15, 125min) ★★★
6.10 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
8.00 **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. (1992, 15, 129min) ★★★
10.10 **About a Boy** Comedy drama based on the novel by Nick Hornby, starring Hugh Grant. A hedonistic 38-year-old man becomes involved in the lives of a socially inept 12-year-old boy and his depressed mother. (2002, 12, 101 min) ★★★★
11.55 **A Mistake** Medical drama. (2024, 15, 101 min) ★★★
1.40 AM **Night Call** Crime thriller. (2024, 15, 97min) ★★★★
3.20 **Sky Cinema Preview**
4.05 **to 6.10** AM **Two Mules for Sister Sara** Comedy Western. (1969, 15, 114min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.15 AM **The Pact** As 9.30am.
7.55 **AfrAid** Sci-fi horror thriller. (2024, 15, 84min) ★★
9.30 **The Pact** Mystery thriller. (2012, 15, 85min) ★★★
11.10 **Lovely, Dark, and Deep** Horror. (2023, 15, 87min) ★★★
12.45 PM **Blade Runner** Thriller. (1982, 15, 130min) ★★★★★
2.45 **Cloverfield** Offbeat disaster movie. (2007, 15, 81 min) ★★★
4.20 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
6.15 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
8.00 **It** Adaptation of the Stephen King chiller, starring Jaeden Lieberher and Bill Skarsgård. (2017, 15, 135min) ★★★★
10.20 **Us** Horror thriller starring Lupita Nyong'o and Winston Duke. A family's life turns into a nightmare when a group of strangers begins to terrorise them. (2019, 15, 116min) ★★★★
12.20 AM **Blade 2** Horror sequel. (2002, 18, 117min) ★★★★
2.20 **28 Days Later** Horror thriller. (2002, 18, 113min) ★★★★
4.20 **Sky Cinema Preview**
4.50 **to 6.40** AM **Evolution** Sci-fi comedy with David Duchovny. (2001, PG, 101 min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.15 AM **The BFG** (2016) ★★★★
8.15 **The Angry Birds Movie** Animation. (2016, U) ★★★
9.55 **The Angry Birds Movie 2** Animation. (2019, U) ★★★
11.35 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
1.20 PM **The Emoji Movie** (2017) ★
3.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
4.30 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
6.00 **Cats & Dogs** (2001, PG) ★★★

7.35 Monster Trucks

7.35 **Monster Trucks** Family fantasy adventure starring Lucas Till, Jane Levy and Rob Lowe. A teenager befriends a subterranean creature that feeds on oil. (2016, PG, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Paul Blart: Mall Cop** Comedy starring Kevin James and Jayma Mays. An overweight security guard becomes an unlikely hero when a gang target his mall's bank and takes the staff hostage. (2009, PG, 91min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Spy Kids 2: Island of Lost Dreams** Action comedy sequel. (2002, U, 100min) ★★★★
1.05 AM **My Penguin Friend** Drama starring Jean Reno. (2024, PG, 98min) ★★★★
2.55 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
4.30 **to 6.30** AM **The Tiger Rising** Drama starring Dennis Quaid. (2022, PG, 102min) ★★★

Sky Cinema Action

306 306 407 507 521

6.15 AM **The Patriot** Epic drama. (2000, 15, 167min) ★★★
9.15 **Blood for Dust** As 4.55am.
11.00 **Hero** (2002, 12) ★★★★
12.40 PM **300: Rise of an Empire** Fantasy. (2014, 15) ★★★
2.25 **Uncharted** Action adventure. (2022, 12, 116min) ★★★
4.25 **The Fast and the Furious: Tokyo Drift** Action thriller. (2006, 12, 104min) ★★
6.15 **Morbius** Fantasy adventure. (2022, 12, 104min) ★★

6.15 Morbius

8.00 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Fast & Furious** Action thriller sequel starring Vin Diesel and Paul Walker. A wanted man reunites with an old FBI agent pal to seek revenge on a drugs baron. With Michelle Rodriguez. (2009, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Fast & Furious 5** Action thriller sequel with Vin Diesel. (2011, 12, 130min) ★★★
2.30 **Aquaman** Action adventure. (2018, 12, 143min) ★★★
4.55 **to 6.45** AM **Blood for Dust** Thriller starring Scoot McNairy. (2023, 15, 98min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.35 AM **Two Weeks Notice**
8.20 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
10.20 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
12.20 PM **How to Lose a Guy in 10 Days** Romantic comedy. (2003, 12, 116min) ★★★
2.20 **Just Go With It** (2011, 12) ★
4.20 **Bridget Jones's Baby** Comedy sequel. (2016, 15) ★★★
6.25 **Billy Madison** Comedy. (1995, PG, 90min) ★★

6.25 Billy Madison

8.00 **Two Weeks Notice** Romantic comedy starring Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **White Chicks** Slapstick comedy starring Shawn and Marlon Wayans. Two black FBI agents dress up as white heiress sisters in order to catch a serial kidnapper and get in their boss's good books. (2004, 15, 109min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Holiday** Romantic comedy starring Cameron Diaz. (2006, 12, 135min) ★★★
2.05 AM **The Hangover** Comedy. (2009, 15, 99min) ★★★★
3.50 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
5.35 **to 7.20** AM **The Hangover Part III** Dark comedy sequel. (2013, 15, 100min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **The Desperate Hour** Thriller. (2021, 12) ★★★★
7.40 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
9.30 **Detroit** As shown at 9.50pm.
12.00 NOON **Speak No Evil** Horror. (2024, 15, 110min) ★★★★
1.55 PM **Caddo Lake** Thriller. (2024, 12, 99min) ★★★
3.45 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
5.45 **The Hunt for Red October** Thriller. (1990, PG) ★★★★

9.50 Detroit

8.00 **Eye in the Sky** Thriller starring Helen Mirren and Alan Rickman. A mission to wipe out a terrorist cell is complicated when a girl enters the blast radius of a planned drone strike. With Aaron Paul. (2015, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Detroit** Fact-based drama set during the 1967 Detroit riots, starring John Boyega. Police respond to a complaint with retribution in mind. With Anthony Mackie. (2017, 15, 143min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Cult Killer** Thriller starring Antonio Banderas and Alice Eve. (2024, 15, 105min) ★★★
2.25 **Shaft** Thriller starring Samuel L Jackson and Vanessa Williams. (2000, 18, 99min) ★★★
4.20 **to 6.15** AM **Maggie Moore(s)** Comedy thriller starring Jon Hamm and Nick Mohammed. (2023, 15, 99min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Mr Hobbs Takes a Vacation** Family comedy. (1962, U, 110min) ★★
1.30 PM **The Bridge on the River Kwai** David Lean's classic Oscar-winning war drama. (1957, PG, 161min) ★★★★★
4.45 **Enemy Mine** Sci-fi drama. (1985, 15, 108min) ★★★
7.05 **See How They Run** Mystery comedy with Sam Rockwell. (2022, 12, 98min) ★★★★

9.00 A Few Good Men

8 PM **See How They Run** (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **A Few Good Men** Courtroom drama starring Tom Cruise and Jack Nicholson. A slick young US Navy lawyer locks horns with the martinet commander of a US military base in Cuba over a murder trial. (1992, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.45** **Boiling Point** Drama starring Stephen Graham. A chef's life descends into chaos during one night at his fancy London restaurant. With Jason Flemyng and Lauryn Ajufo. (2021, 15, 92min) ★★★★
1.40 **to 4.00** AM **The Card Counter** Crime thriller starring Oscar Isaac and Tiffany Haddish. (2021, 15, 111min) ★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Adventure

302 302 402 502 516

6.05 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
7.05 **The Last Airbender** As 3am.
9.00 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
11.20 **Wonder Woman** As 9.55pm.
1.45 PM **PREMIERE** **Superman** Fantasy with David Corenswet. (2025, 12, 129min) ★★★★
4.10 **Venom** Fantasy adventure. (2018, 15, 112min) ★★★
6.10 **Venom: Let There Be Carnage** Comic-book fantasy sequel. (2021, 15, 97min) ★★★
8.00 **Venom: The Last Dance** Fantasy adventure starring Tom Hardy. (2024, 15, 110min) ★★★
9.55 **Wonder Woman** Fantasy starring Gal Gadot. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. (2017, 12, 121min) ★★★★
12.20 AM **Transformers: The Last Knight** Sci-fi adventure sequel. (2017, 12, 155min) ★★
3.00 **The Last Airbender** M Night Shyamalan's fantasy adventure. (2010, PG, 103min) ★★
4.45 **to 6.25** AM **Venom: Let There Be Carnage** As 6.10pm.

Sky Cinema Greats

307 307 404 504 518

6.50 AM **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
8.45 **The Blues Brothers** As 4.15am.
11.00 **In & Out** As shown at 2.10am.
12.35 PM **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
2.30 **Beverly Hills Cop II** Comedy thriller sequel. (1987, 15) ★★★
4.30 **Beverly Hills Cop 3** Comedy thriller sequel. (1994, 15) ★★
6.30 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
8.00 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel starring Leslie Nielsen as the world's least competent cop. (1991, 15, 81min) ★★★
9.30 **The Naked Gun 33⅓: The Final Insult** Spoof comedy sequel starring Leslie Nielsen. (1994, 12, 83min) ★★★
10.55 **Caddyshack** Comedy starring Chevy Chase and Bill Murray. (1980, 15, 95min) ★★★
12.35 AM **The Golden Child** Fantasy. (1986, PG, 93min) ★★
2.10 **In & Out** Comedy starring Kevin Kline. (1997, 12, 91min) ★★★
3.45 **The Cinema List: British Women Directors**
4.15 **to 6.30** AM **The Blues Brothers** Comedy. (1980, 15) ★★★★★

Sky Cinema Animation

312 315 405 500 514

7.25 AM **Tom and Jerry Cowboy Up!** Animated adventure. (2021, U, 71min) ★★★
8.50 **Transformers One** Animation. (2024, PG, 104min) ★★★★
10.45 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
12.40 PM **Despicable Me 4** (2024)
2.20 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
4.00 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
5.45 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
7.25 **Bee Movie** Animated family comedy. (2007, U, 91min) ★★★
9.00 **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★
10.35 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
12.20 AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG, 75min) ★★★
1.40 **Deep Sea** Animated adventure with the voice of Brian Flaccus. (2023, PG, 112min) ★★★
3.45 **The Sloth Lane** Animation. (2024, PG, 90min) ★★★
5.20 **to 7.00** AM **Rock Dog 3: Battle the Beat** Animated sequel. (2022, U, 90min) ★★

Movies 24

315 313 419

7.00 AM **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
9.00 **The Reluctant Royal** Romantic comedy. (2025, PG, 84min) ★★
11.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
1.00 PM **Royal-Ish** Romantic drama. (2025, PG, 84min) ★★
3.00 **The Proposal Spot** Romantic drama starring Debs Howard. (2023, PG, 90min) ★★
5.00 **Return to Office** Romantic drama. (2025, PG, 84min) ★★
7.00 **A Bestselling Kind of Love** Romantic drama starring Ashley Newbrough and Jason Diaz. (2024, PG, 90min) ★★
9.00 **Love's Greek to Me** Romantic drama starring Torrey DeVitto and Yannis Tsimitselis. A woman is stunned when her boyfriend proposes during a trip to Greece – and then has to contend with his mother. (2023, PG, 90min) ★★
11.00 **An Easter Bloom** Drama. (2024, PG, 84min) ★★
1.00 AM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Junebug** Fantasy drama. (2024, PG, 84min) ★★

Movies 24+ 329 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 7/24. (S2)
6.30 **Hidden Homicide** Mystery. (1959, b/w, U, 70min) ★★★
8.00 **Hughie Green's Happy Travellers Club** Italy.
8.25 **The Kidnappers** Adventure. (1953, b/w, U, 89min) ★★★
10.15 **Crooks Anonymous** Comedy. (1962, b/w, U, 87min) ★★
12.00 NOON **The Adventures of Sir Lancelot** 2/30. (S1)
12.30 PM **Selsey Pavilion: The Journey So Far**
1.00 **The Bulldog Breed** Comedy. (1960, b/w, PG, 97min) ★★
3.00 **Crown Court** Triple bill.
4.30 **Peter Lorre: Behind the Mask**
5.35 **A Home of Your Own** Comedy. (1964, U, 43min) ★★★
6.25 **Strange But True**
6.55 **The Brothers** 3/13. (S2)
8.00 **Mark Saber** 28/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **Scandal** Drama. (1988, 18) ★★★
11.40 **Doomwatch** 6/13. (S1)
12.40 AM **The Silent Partner** Suspense thriller starring Elliott Gould. (1978, 15, 105min) ★★★
2.50 **Who Is Killing the Great Chefs of Europe?** Mystery comedy. (1978, PG, 112min) ★★★
5.00 **to 6.00** AM **Burke's Law**

Thursday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.30 LIVE **DP World Tour Golf** The first day of the Hero Indian Open at DLF Golf and Country Club.
12.30 PM LIVE **PGA Tour Golf** Coverage of the featured groups from the first day of the Texas Children's Houston Open staged at Memorial Park Golf Course.
6.00 LIVE **Premier League Darts** Coverage of the eighth night of the tournament at Uber Arena in Berlin, featuring the quarter-finals, semi-finals and final in one night.
10.00 LIVE **WTA & ATP Tennis** Coverage of day 10 of the Miami Open, a hard-court tournament at Hard Rock Stadium in Miami Gardens, featuring the women's semi-finals and the concluding two men's quarter-final matches.
2.00 AM LIVE **Formula 1** Coverage of the Japanese Grand Prix first practice session at Suzuka Circuit.
3.45 **F1 Feature**
4.00 **Sky Sports News**
5.45 **to 7.00** AM LIVE **Formula 1** Coverage of the Japanese Grand Prix second practice session staged at Suzuka Circuit.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Stories**
9.30 **Netbusters** Highlights.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years**
2.00 PM **PL Retro** Liverpool v Chelsea from the 2013/14 season.
4.00 **Premier League Stories** Willian reflects on an incredible journey in the Premier League.
4.30 **Netbusters** Fast-paced highlights using alternative angles, featuring every goal from every game.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **The Big Interview** An interview with a Premier League star of the past or present.
7.30 **Premier League Stories**
8.00 **Premier League Review**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Review**
11.00 **Premier League Years** A look back at the 2014/15 season.
1.00 AM **PL Retro** Liverpool v Chelsea.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 11/12**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
11.00 **EFL Cup Highlights**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
1.00 PM **WSL** Action from Brighton & Hove Albion v Liverpool.
1.30 **EFL Highlights**
2.30 **EFL League One Goals**
3.00 **EFL League Two Goals**
3.30 **Bundesliga Highlights Show**
4.30 **WSL** Action from Manchester City v Tottenham Hotspur.
5.00 **EFL Highlights** Championship.
6.30 **Bundesliga Weekly**
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **SPFL Round-Up**
8.15 **SPFL Highlights** Action from Dundee United v Celtic.
8.30 **EFL Highlights** Championship.
10.00 **Bundesliga Weekly**
10.30 **EFL League One Goals**
11.00 **EFL League Two Goals**
11.30 **EFL Greatest Games**
12.00 M'T **1983: When Aberdeen Ruled Europe**
1.00 AM **SPFL Best Goals 2014/15**
1.30 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Action from 2025.
8.00 **IPL** Mumbai Indians v Royal Challengers Bengaluru from 2025 at Wankhede Stadium.
12.30 PM **Best of ICC WT20**
1.00 **IPL** Kolkata Knight Riders v Chennai Super Kings in 2025 from Eden Gardens, Kolkata.
5.30 **Best of ICC WT20** Highlights from memorable matches in past tournaments.
6.00 **IPL** A chance to see Chennai Super Kings v Royal Challengers Bengaluru in 2025 from M. A. Chidambaram Stadium, Chennai.
10.30 **Best of ICC WT20** Highlights from memorable matches in past tournaments.
11.00 **IPL** Royal Challengers Bengaluru v Punjab Kings in the 2025 final from Narendra Modi Stadium.
12.00 M'T Royal Challengers Bengaluru v Punjab Kings in 2025 at M. Chinnaswamy Stadium.
1.00 AM Royal Challengers Bengaluru v Punjab Kings in the 2025 final from Ahmedabad.
2.00 Delhi Capitals v Kolkata Knight Riders in 2025 staged at Arun Jaitley Stadium in Delhi.
3.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **DP World Tour Golf**
7.30 LIVE **DP World Tour Golf** Coverage of the first day of the Hero Indian Open from DLF Golf and Country Club in New Delhi.
12.30 PM LIVE **PGA Tour Golf** Coverage of the featured groups from the first day of the Texas Children's Houston Open at Memorial Park Golf Course.
7.00 LIVE **PGA Tour Golf** Further coverage of the first day of the Texas Children's Houston Open.
11.00 LIVE **LPGA Tour Golf** Coverage of the first day of the Ford Championship at Whirlwind Golf Club in Phoenix, Arizona.
1.00 AM **PGA Tour Champions Learning Centre**
1.30 **Nick Dougherty's Tee Time Tips**
2.00 **PGA Tour Golf** Houston Open.
3.00 **Playing Lessons**
4.00 **Golf Academy** With Jerry Kelly.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
12.00 NOON **ATP Tour This Week**
12.30 PM **WTA & ATP Tennis**
4.30 LIVE **WTA & ATP Tennis** Coverage of day 10 of the Miami Open, from Hard Rock Stadium in Miami Gardens. At this stage last year, the last eight of the men's draw was brought to a conclusion as Novak Djokovic beat Sebastian Korda 6-3 7-6, and Grigor Dimitrov was involved in another marathon match as he overcame Francisco Cerúndolo 6-7 6-4 7-6.
3.00 AM **WTA & ATP Tennis**
4.00 **ATP/WTA Tour Classic Matches**
5.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIV Golf** In South Africa.
7.00 **TNT Sports Cricket Reload**
7.30 **Football** Highlights and features.
8.30 LIVE **AFL** **Geelong Cats v Adelaide Crows.**
11.30 **Europa League Goals Reload**
11.45 **Conference League Goals**
12.00 NOON **The Gruppetto**
12.15 PM **Men's Cycling**
2.15 LIVE **Cycling** The fourth stage of the Tour of Catalunya.
4.15 **Premier League Features**
5.00 LIVE **MLB** **New York Mets v Pittsburgh Pirates.** National League match from Citi Field. Start-time **5.15pm**.
8.00 **LIV Golf** From South Africa.
9.00 **Premier League: Big Interview**
9.30 **Premier League Netbusters**
10.00 **Serie A – Full Impact**
10.30 **Tom Aspinall: Road to Undisputed**
11.30 **UFC Greatest Fights**
12.00 M'T **MLB Classic** World Series.
12.30 AM LIVE **MLB** **Los Angeles Dodgers v Arizona Diamondbacks.** From Dodger Stadium. Start-time **12.30am**.
3.30 **UEFA Champions League**
4.00 **UFC Greatest Fights**
5.00 **to 6.00** AM **Premier League**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Highlights**
7.00 **Alpine Skiing** In Lillehammer.
9.00 LIVE **Ski Jumping** Coverage of qualifying for the men's HS240 ski flying in Planica, Slovenia.
10.15 **Curling World Championship**
12.15 PM **TNT Sports Reload**
12.30 **ABB FIA Formula E World Championship Highlights**
1.30 **Discovery Golf**
2.00 **The Gruppetto** Cycling news.
2.15 LIVE **Cycling** Coverage of the women's Tour of Bruges, the one-day race in Bruges, Belgium.
4.45 **Men's Cycling** Tour of Bruges.
5.45 **The Gruppetto** Cycling news.
6.00 **Premier League Stories**
6.30 **Premier League: Big Interview**
7.00 **Premier League Reload**
7.15 **MotoGP Rewind**
7.30 **TNT Sports Reload**
8.00 **AFL** Another chance to see Geelong Cats v Adelaide Crows.
9.30 **MotoGP** Grand Prix of Brazil.
10.30 **MotoGP Films**
12.30 AM **AFL** Recent action.
2.00 **Cycling** Event highlights.
4.00 **International T20 Cricket Highlights** Recent action.
5.00 **to 6.00** AM **Women's T20 International Cricket**

Sky Sports Action

412 410 510 426 446

6.00 AM **NBA Basketball**
8.00 **Super League Highlights**
11.45 **Super Bowl LX Highlights**
12.00 NOON **Good Morning Football**
2.00 PM **NFL Highlights**
3.00 **Super Bowl LX Highlights**
4.00 **Super League Highlights**
5.00 **NFL Highlights**
6.00 LIVE **Premier League Darts** Night eight from Uber Arena in Berlin, featuring the quarter-finals, semi-finals and final in one night. Last year saw the likes of Stephen Bunting, Luke Humphries, Chris Dobey and Gerwyn Price make it through to the semi-finals. Bunting beat fellow Englishman Humphries 6-2 to progress to the final against Price, who beat Chris Dobey in the other semi-final by the same scoreline. Stephen Bunting ending up winning the night after he beat Price 6-5 in a thrilling final.
10.00 **Super League Highlights**
11.00 LIVE **NBA Basketball** **Orlando Magic v Sacramento Kings.** Coverage of the inter-conference match from Kia Center. Tip-off **11.00pm**.
1.30 AM **Super League**
4.45 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **The Premier League Show**
7.00 **Sports Centre** A round-up of the latest sports news.
7.30 LIVE **Super League** **Castleford Tigers v Bradford Bulls.** Coverage of the top-flight match staged at OneBore Stadium. Kick-off **8.00pm**.
10.15 **Sky Sports News** A round-up of the day's news, featuring interviews and highlights.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 LIVE **NBA Basketball** **Orlando Magic v Sacramento Kings.** Coverage of the inter-conference match staged at Kia Center. Tip-off **11.00pm**.
1.30 AM **EFL Greatest Games** Highlights of Birmingham City v Aston Villa from 2016/17.
1.45 Wolverhampton Wanderers v Derby County from 2016.
2.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **Premier League Darts**
10.00 **PGA Tour Golf** Highlights.
11.00 **TGL** Action from the opening match of the Finals Series.
1.00 PM Highlights of the second match of the Finals Series.
3.00 **PGA Tour Champions**
4.00 **Men's T20 World Cup**
6.00 **NBC's Pro-Football Talk**
8.00 **PGA Tour Golf** Highlights.
9.00 **PGA Tour Champions**
10.00 **Formula 1** Chinese Grand Prix.
11.00 **The Insiders** NFL news.
12.00 M'T **Men's T20 World Cup**
1.00 AM **TGL** Finals Series.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Men's Cycling** Highlights.
8.00 **WRC Review** Safari Rally Kenya.
9.00 **LIV Golf** From South Africa.
10.00 **TNT Sports Reload**
10.15 **The Gruppetto** Cycling news.
10.30 **MotoGP Highlights**
11.30 **Motocross World Championship** From Spain.
2.30 PM **MotoGP Rewind**
2.45 **T100 Triathlon World Tour**
3.45 **MotoGP Highlights**
4.45 **Ultimate Pool** Pairs Cup.
6.15 **Sign Up – Into Football**
7.00 **NWSL** Action from NJ/NY Gotham FC v Denver Summit.
8.00 **International T20 Cricket**
10.00 **Cycling** Event highlights.
12.00 M'T **Discovery Golf**
12.30 AM **Premier League Legends**
1.00 **Isuzu UTE A-League Highlights**
1.30 **ABB FIA Formula E World Championship Highlights**
2.30 **Serie A – Full Impact**
3.00 **TNT Sports Reload**
3.30 **LIV Golf** From South Africa.
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 4

414 416 524 411 434

6.00 AM **ABB FIA Formula E World Championship Highlights**
7.00 **T100 Triathlon World Tour**
8.00 **Women's T20 International Cricket** Recent action.
9.00 **International T20 Cricket Highlights** Recent action.
10.00 **Saut Hermes** Action from the second day of Saut Hermes and Le Saut Hermes in Paris.
11.00 Highlights from the second day of Saut Hermes and Prix du 24 Faubourg in Paris.
12.00 NOON **Saut Hermes**
1.00 PM **Ultimate Pool**
2.30 **UEFA Champions League Goals Reload** Recent action.
2.45 **UEFA Conference League Goals Reload** The best goals.
3.00 **Alpine Skiing** In Lillehammer.
9.00 **ABB FIA Formula E World Championship Highlights**
10.00 **Fishing: On the Bank**
11.00 **T100 Triathlon World Tour**
12.00 M'T **to 6.00** AM **Alpine Skiing**

Premier Sports 1

419 551

6.00 AM **NASCAR Highlights**
7.00 **URC in 60** Recent action.
8.00 **Eredivisie Highlights**
9.00 **F1H2O World Championships**
9.30 **Sporting Greats**
10.00 **NHL Ice Hockey**
12.00 NOON **Downhill Skateboarding**
1.00 PM **URC in 60**
2.00 **NHL on the Fly** The latest news.
2.30 **F1H2O World Championships**
3.00 **Football** Highlights and features.
5.00 **LaLiga Match Highlights**
5.30 **NASCAR Highlights**
6.30 **Brasileiro Serie A**
8.30 **World of FreeSports**
9.00 **Downhill Skateboarding**
9.30 **Argentine Primera**
11.30 **F1H2O World Championships**
12.00 M'T **NHL Ice Hockey**
2.00 AM LIVE **NHL Ice Hockey** **Vancouver Canucks v Los Angeles Kings.** Coverage of the Western Conference match from Rogers Arena. Face-off **2.00am**.
5.00 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **Eredivisie** Another chance to see Groningen v AZ Alkmaar.
10.00 **Football's Greatest**
10.30 **NHL Ice Hockey** A chance to see Buffalo Sabres v Boston Bruins.
12.30 PM **LaLiga** Elche v Mallorca.
2.30 **Football's Greatest**
3.00 **GP Insights** The latest news.
3.30 **United Rugby Championship** A replay of Benetton v Ospreys.
5.30 Stormers v Dragons.
7.30 **Temples of Sport**
8.00 **NHL Tonight** Top 50 players.
9.00 **NHL Ice Hockey** A chance to see Buffalo Sabres v Boston Bruins.
11.00 LIVE **NHL Ice Hockey** **Florida Panthers v Minnesota Wild.** Coverage of the inter-conference match from Amerant Bank Arena. Face-off **11.00pm**.
2.00 AM **NHL Specials** Stanley Cup.
2.30 **Temples of Sport**
3.00 **Eredivisie** A match replay.
5.00 **to 6.00** AM **NHL Tonight**

Sky Sports F1

407 407 507 424 444

6.15 AM **Formula 1** Highlights.
11.45 **F1 Drivers Press Conference**
12.30 PM **Formula 1** Highlights.
3.30 **F1 Feature**
3.45 **F1 Drivers Press Conference**
4.30 **Formula 1** Highlights.
7.00 **F1 Feature**
7.15 **F1 Drivers Press Conference**
8.00 **Paddock Uncut: Japan**
8.30 **Formula 1** Highlights.
10.30 **F1 Drivers Press Conference**
11.15 **Paddock Uncut: Japan**
11.45 **Formula 1** Chinese Grand Prix.
12.45 AM **F1 Drivers Press Conference**
1.30 **Paddock Uncut: Japan**
2.00 LIVE **Formula 1** The Japanese Grand Prix first practice session.
3.45 **F1 Feature**
4.00 **F1 Academy** Race review.
4.30 **F1 Press Conference**
5.00 **F1 Feature**
5.15 **F1 Academy** Race review.
5.45 **to 7.00** AM LIVE **Formula 1** The Japanese Grand Prix second practice session at Suzuka Circuit.

Friday

27 March

Evening Planner

Factual

Extraordinary Portraits with Bill Bailey
BBC1, 7.30pm
Bill hosts as unsung heroes tell their stories and are immortalised by artists.

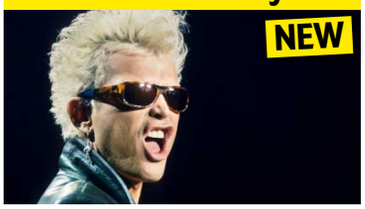
Football

England v Uruguay
ITV1, kick-off 7.45pm
Players such as Marcus Rashford will be keen to show they deserve a place in the World Cup squad, in tonight's friendly.

Drama

Beyond Paradise
BBC1, 8pm
As the *Death in Paradise* spin-off returns for a fourth series, Humphrey investigates the murder of his favourite crime writer.

Documentary



Billy Idol Should Be Dead
Sky Arts, 9pm
An intimate portrait of the punk rocker, with interviews from people who have worked with him, as well as Idol himself.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 Extraordinary...	8.00 Beyond Paradise		9.00 Death in Paradise		10.00 News; Local News	10.40 Claudia...
102 BBC2	7.00 This Farming Life		8.00 Gardeners' World		9.00 Big Cats 24/7		10.00 Live at the...	10.30 Newsnight
103 ITV1	7.00 International Football – Live: England v Uruguay (Kick-off 7.45)						10.05 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Dispatches: Keir Starmer – Labour In...		9.00 Gogglebox		10.00 The Last Leg	
105 5	7.00 Celebrity Puzzling		8.00 Building the Impossible with Rob Bell		9.00 Secrets of the Sun with Dara O Briain			
106 SKY ONE	7.00 The Simpsons		8.00 The F1 Show		9.00 Ted			10.30 Intelligence
ENTERTAINMENT								
115 BBC3		7.05 Deadly 60	7.35 Film: The Addams Family 2		9.00 Film: Divergent			
116 BBC4	7.00 TOTP: 1999		8.00 TOTP: 1978	8.30 TOTP: 1988	9.00 Elkie Brooks at the BBC		10.10 Elkie Brooks: Sight and Sound...	
118 ITV2	7.00 Wheel of Fortune		8.00 The 1% Club		9.00 Film: The Suicide Squad			
136 MORE4	◂ 6.50 Location, Location, Location		7.55 Kirstie and Phil's Love It or List It		9.00 Blanca			
135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Film: John Wick: Chapter 3 – Parabellum			
107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Chicago Fire		10.00 Fire Country	
108 SKY ATLANTIC	◂ 6.30 House of the Dragon				9.00 DTF St Louis		10.00 The Time Traveler's Wife	
110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Gavin & Stacey			10.15 The Vicar of Dibley Easter...
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
119 ITV3	◂ 6.55 Heartbeat		8.00 Doc Martin				10.00 Midsomer Murders	
120 ITV4	◂ 5.15 Racing: Friday Night Live – Live: Coverage from Newcastle			8.50 Film: Rocky				
112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: Live in Scotland			10.30 Whose Line...
145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Grimm			
143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 Father Brown		9.00 Happy Valley			10.20 New Tricks
109 U&ALIBI	7.00 Father Brown				9.00 CSI: Vegas		10.00 Death in Paradise	
122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Billy Idol Should Be Dead			
132 U&W	7.00 DIY SOS: The Big Build		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY								
125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush		9.00 Expedition X		10.00 Curse of the Bermuda Triangle	
162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 100 Days Wild		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation						10.00 Inside Melbourne Airport	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Combat Trains		9.00 Hitler's Handmaidens		10.00 Ancient Aliens: Origins	
155 U&YESTERDAY	7.00 Operation Arctic		8.00 'Allo 'Allo!				10.00 Bangers & Cash: Restoring Classics	
114 SKY DOCS	7.00 David Frost Vs		8.00 How the Beatles Changed the World				10.00 Premier League 360 – Big Sam's...	
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.20 Nobody 2		8.00 Superman					10.20 One Battle After...
302 ADVENTURE	◂ 5.25 Transformers: Dark of the Moon		8.00 Transformers: Age of Extinction					
303 FUN	◂ 6.15 Mean Girls		8.00 The 40-Year-Old Virgin				10.00 Role Models	
307 GREATS	◂ 5.50 Jaws		8.00 Jaws 2				10.00 Jaws 3	
312 ANIMATION	◂ 5.35 Turbo	7.25 Cloudy with a Chance of Meatballs			9.00 Cloudy with a Chance of Meatballs 2			
304 FAMILY	◂ 6.00 Despicable Me 4	7.40 The Hobbit: The Desolation of Smaug						10.25 The Hobbit...
306 ACTION	◂ 5.40 Fast & Furious 7		8.00 Fast & Furious 8					10.20 The Legend of Tarzan
308 COMEDY	◂ 6.30 The Naked Gun		8.00 Sausage Party			9.35 Jackass Presents: Bad Grandpa		
309 THRILLER	◂ 6.15 Black Bag		8.00 Ocean's Eleven				10.00 American Gangster	
310 DRAMA	◂ 6.15 The Good Half		8.00 Darkest Hour				10.05 Lost in Translation	
311 SCI-FI	◂ 6.10 Companion		8.00 Constantine				10.10 Mars Attacks!	
313 FILM4		7.05 Dog			9.00 65			
SPORT								
401 MAIN EVENT	7.00 Golf – Live	7.30 Betfred Super League – Live: Hull Kingston Rovers v St Helens (Kick-off 8.00)						10.15 PGA Tour Golf – Live
402 PREMIER LEAGUE	7.00 Transfer 360						10.00 PL Stories	10.30 Big Interview
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL Cup Highlights		8.30 Best Goals	9.00 Bundesliga...	9.30 EFL Goals		10.30 SPFL Round-Up
405 CRICKET	◂ 6.00 IPL							10.30 Best of ICC...
410 TNT SPORTS 1	7.00 The Gallagher PREM – Live: Newcastle Red Bulls v Exeter Chiefs (Kick-off 7.45)						10.00 UEFA Magazine	10.30 The Breakdown
411 TNT SPORTS 2	◂ 6.15 MotoGP – Live: The Grand Prix of the Americas MotoGP, Moto2 and Moto3 practice sessions					9.30 MotoGP Films	10.00 Men's Cycling World Tour	

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** Series finale *The Bishop's Revenge:* 10/10. Bishop-Elect Fox has been kidnapped. (S13) (S)(AD)
■ Entire series on BBC iPlayer
2.45 **Escape to the Country** (S)(R)
3.45 **The Repair Shop on the Road** New edition Fixing the projectors of a derelict art deco cinema. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Death in Paradise

7 PM

7.00 **The One Show** Clara Amfo and JB Gill present the topical show. (S)
7.30 NEW SERIES **Extraordinary Portraits with Bill Bailey** 1/6. A sculptor honours a man who fought off a terrorist. *See feature, page 20.* (S)(AD)

8 PM

8.00 NEW SERIES **Beyond Paradise** 1/6. Return of the crime drama starring Kris Marshall. The circumstances of a crime novelist's death mirror the details of his final novel. *See feature, page 12.* (S4) (S)(AD)

9 PM

9.00 **Death in Paradise** Series finale 8/8. A death at sea with unexplained injuries stirs rumours about a legendary sea monster, the Lusca, while Mervin is blindsided by an unexpected visit from his niece Eloise. (S15) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Claudia Winkleman Show** New edition 3/6. Jimmy Carr joins Claudia to discuss series two of *Last One Laughing*, Chase Infiniti chats about her role in *The Testaments*, and Lisa Kudrow talks about series three of *The Comeback*. (S)
11.25 NEW **MOBO Awards: Access All Areas** DJ Target goes behind the scenes at the MOBO Awards, with performances and interviews from Co-op Live in Manchester. (S)
12.25 AM NEW **MOBO at 30: Greatest Moments** Compilation celebrating 30 years of the MOBO Awards. (S)
1.25 **Weather for the Week Ahead** (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **The Repair Shop on the Road** From Bletchley Park. (S)(R)(AD)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Gladiators** (S)(R)(AD)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **The Tournament** Quiz. (S)(R)
2.30 **Clive Myrie's Italian Road Trip** (R)
3.30 **Big Little Journeys** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Oxford University's Sheldon Theatre. (S)(R)
6.00 **Richard Osman's House of Games** Series finale With Amy Gledhill, Jacqui Joseph, Laurence Llewelyn-Bowen and Tim Vine. (S)
6.30 **Rick Stein's Food Stories** 1/15. The chef celebrates British food, starting in the Lake District. (S)(R)(AD)

8.00 Gardeners' World

7 PM

7.00 **This Farming Life** New edition 5/12. Callum and Zara believe their newborn lambs are vulnerable to bird attacks, while Lucy and Adam face selling their herd if the new farm falls through. (S)
■ Entire series on BBC iPlayer

8 PM

8.00 **Gardeners' World** New edition Monty Don is busy with spring and planning ahead for summer. He's doing a seed-sowing masterclass, cutting back cornus and dividing ferns to put in the new Woodland Garden. (S)

9 PM

9.00 **Big Cats 24/7** New edition 4/6. Reunited to protect themselves from intruding male lions, the Xudum pride mothers now struggle to feed so many mouths. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **Live at the Apollo** Kiri Pritchard-McLean introduces stand-up routines by Catherine Bohart, and Babatunde Aléshé. (S)(R)
10.30 **Newsnight** (S)
11.00 FILM PREMIERE **Femme** Thriller starring Nathan Stewart-Jarrett and Aaron Heffernan. A man is targeted in a homophobic assault, so when he later encounters one of his attackers in a sauna, he seeks revenge. (S) (2023, 18, 95min) ★★★★ *See review, page 27.*
12.35 AM **Sign Zone: Panorama – Living Without Life's Little Luxuries** (R)
1.05 **Sign Zone: Great British Menu** (R)
2.05 **Sign Zone: Big Cats 24/7** (S)(R)
3.05 **Sign Zone: The Other Bennet Sister** 4/10. (S1) (S)(R)(AD)
3.35 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.55 **Local News** (S)
1.00 **Celebrity Catchphrase** Stephen Mulhern hosts a celebrity special, with Ade Adepitan, Clare Balding and Robert Webb guessing well-known phrases in a bid to win £50,000 for charity. (S)(R)(AD)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the infamous Banker. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.00 International Football

7 PM

7.00 LIVE **International Football** England v Uruguay: Mark Pougatch presents coverage of the friendly match at Wembley Stadium, as both teams continue their preparations for this summer's World Cup finals. The last time these teams met was in the group stage of the 2014 World Cup, when a brace by Luis Suárez gave the South Americans a 2-1 win. Suárez has recently retired from international football, but the Uruguayans are still likely to provide a stern test for Thomas Tuchel's men. With analysis from Roy Keane and Ian Wright, and commentary by Sam Matterface and Lee Dixon. Kick-off is at 7.45. (S)

10 PM

10.05 **ITV News** (S)
10.40 **Local News** (S)
10.50 **Devil in Disguise: John Wayne Gacy** Series finale *Jeffrey:* 8/8. The killer's execution day causes massive protests and reunions as victims' family members and those who worked the case seek closure, and Amirante tries to move on. (S1) (S)(AD)
■ Entire series on ITVX
11.55 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
12.20 AM **Teleshopping**
3.00 **In Our Blood: The Forever Chemicals Scandal** (S)(SL)(R)
4.10 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ant & Dec's Limitless Win** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 4-6/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 4-7/24. (S7) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **Matt Baker: Our Farm in the Dales** 6/6. Documentary. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition A tense Payment Day arrives. (S)
5.30 **Come Dine with Me** New edition Actor and spiritualist Jo hosts the final night in the West Country. (S)
6.00 **A Place in the Sun: What Happened Next?** New edition Catching up with past house-hunters in Spain and France. (S)

9.00 Gogglebox

7 PM

7.00 **News** (S)

8 PM

8.00 NEW **Dispatches: Keir Starmer – Labour In Crisis?** Lewis Goodall looks at why Sir Keir Starmer's Government has become so unpopular so quickly, less than two years after winning the biggest landslide in UK election history. (S)(AD)

9 PM

9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10 PM

10.00 **The Last Leg** New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by comedian Nabil Abdulrashid for a comic review of the significant moments from the past seven days. (S)(AD)
11.05 **Sarah Millican: Control Enthusiast** Stand-up show. (S)(R)
12.05 AM **Bill Bailey Qualmpeddler** Stand-up performance. (S)(R)
1.00 FILM **Benedetta** French drama starring Virginie Efira. Subtitled. (S) (2021, 18, 130min) ★★★
3.10 **Travel Man: 48 Hours in Lanzarote** (S)(SL)(R)(AD)
3.40 **Four in a Bed** Five editions. (S)(R)
5.50 **to 6.00** AM **Kirstie's Fill Your House for Free** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **An Invitation to Murder** Mystery starring Mischa Barton. In 1934, six strangers are invited to the remote island mansion of billionaire Lewis Findley – with deadly results. (S)(R)(AD)
5.00 **News** (S)
6.00 **Love Nature** New edition The work of the Bumblebee Conservation Trust in Kent. (S)
6.05 **Susan Calman's Grand Day Out** The presenter explores Worcestershire, the Malvern Hills and the Midlands. (S)(R)
6.55 **News** (S)

8.00 Building the Impossible

7.00 Celebrity Puzzling New edition Jeremy Vine hosts, with Kevin Eldon and Stephen Bailey joining team captains Carol Vorderman and Sally Lindsay. (S)
7.55 **News** (S)

8.00 Building the Impossible with Rob Bell New edition Rob sails to the furthest point of Britain to visit the Impossible Lighthouse, built in one of the most inhospitable spots in the North Atlantic. (S)

9.00 Secrets of the Sun with Dara O Briain 1/2. Documentary in which the comedian explores humans' relationship with the Sun, travelling to Texas to watch a total eclipse. (S)(R)

10.00 Secrets of the Sun with Dara O Briain 2/2. Dara explores how our solar system's star has a darker side. His journey takes him to Houston's Space City, where he meets ex-astronaut Colonel Terry Virts. (S)(R)

11.00 Piers Morgan: Uncensored New edition Opinion-led news and debate show. (S)
1.00 AM **Teleshopping** (S)(R)
2.30 FILM **Are You Being Served?** Comedy spin-off starring John Inman and Mollie Sugden. (S) (1977, PG, 95min) ★★
4.05 **Friends** 14/24. (S4) (S)(R)(AD)
4.30 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S2) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S2) (S)(R)(AD)
11.00 **The F1 Show** A look ahead to the Japanese Grand Prix. (R)
12.00 NOON **David Attenborough's Conquest of the Skies** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S14) (S)(R)
3.00 **S.W.A.T.** 2/23. (S2) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 24/28. In Pam's absence, Andy tries to become Jim's new confidant. (S)(R) **6.30** 25/28. The Michael Scott Paper Company's low prices continue to take business from Dunder Mifflin. (S5) (S)(R)

9.45 Ted

7.00 The Simpsons *Lisa's Substitute:* Lisa develops a crush on a supply teacher at her school. (S)(R) **7.30** *The War of the Simpsons:* Marge and Homer visit a rural retreat in a bid to save their marriage. (S)(R)

8.00 The F1 Show A look ahead to the weekend's Japanese Grand Prix, the third round of the season, which takes place at Suzuka Circuit. (R)

9.00 Ted New episode *Susan Is the New Black:* 7/8. Susan takes the fall when a police officer finds John and Ted's weed during a traffic stop. (S)(AD) **9.45** Series finale *Fraudcast News:* 8/8. Matty is under doctor's orders to keep calm, so John and Ted create a fake newspaper to keep him from finding out the OJ verdict. (S2) (S)(AD)
■ Entire series on Box Sets

10.30 Intelligence 4/6. GCHQ falls victim to a cyberattack and Jerry suggests the person behind the incident should join the team. (S1) (S)(R)(AD)

11.00 **Grimm** 2/22. Nick and his mother continue their battle against the monstrous Mauvais Dentes. (S2) (S)(R)
12.00 M'T **Police 24/7** (S)(R)
1.00 AM **The Force: Manchester** (R)
2.00 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S1) (S)(R)
4.00 **S.W.A.T.** 2/23. (S2) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.25pm A View from the Terrace (S)(R) **12.10am** NEW MOBO Awards: Access All Areas (S) **1.10** NEW MOBO at 30: Greatest Moments (S) **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
7.30-8.00pm NEW SERIES Flaming Feasts (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
7.00-8.00pm Great British Menu New edition (S)(AD)

WALES
Sky 968, Freesat 968
7.00pm Great British Menu New edition (S)(AD) **8.00** NEW SERIES Extraordinary Portraits with Bill Bailey (S) **8.30** Gardeners' World New edition (S) **9.30-10.30pm** Big Cats 24/7 New edition (S)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan (AD) **12.30** Heno Aur **1.00** Bethesda: Pobol y Chwarel (AD) **1.30** Cegin Bryn: Y Dosbarth Meistr **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Stori'r Iaith **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Deis **6.30** Heno New edition **7.00** Newyddion a'r Tywydd **7.30** LIVE Clwb Rygbi **9.50** Y Llais **11.20-11.50pm** Barcud

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BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall heads to New Zealand.
7.35 FILM **The Addams Family 2** Animated comedy sequel featuring the voices of Oscar Isaac and Charlize Theron. A lawyer tells Gomez and Morticia that Wednesday was switched at birth with another child. (2021, PG, 93min) ★★
9.00 FILM **Divergent** Sci-fi adventure, starring Shailene Woodley and Kate Winslet. A teenager in a strictly ordered future society discovers a conspiracy to wipe out a group of outsiders. (2014, 12, 136min) ★★★
11.10 FILM **Divergent: Insurgent** Adventure sequel starring Shailene Woodley. (2015, 12, 116min) ★★
12.55 AM FILM **Divergent: Allegiant** Adventure sequel starring Shailene Woodley. (2016, 12, 118min) ★★
2.45 **My Mate's a Bad Date**
3.10 **to 4.00** AM **The Trials of Pa Salieu**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** Featuring S Club 7, NSYNC, Britney Spears, Jamiroquai and Lit. **7.30** Performances by Vengaboys, Whitney Houston, The Three Amigos, Suede and Jennifer Lopez.
8.00 **TOTP: 1978** Performances by Suzi Quatro, Dan Hill, Elvis Costello, Kate Bush and Earth, Wind & Fire.
8.30 **TOTP: 1988** Featuring performances by Sinitta, A-ha, Simon Harris, Wet Wet Wet and Debbie Gibson.
9.00 **Elkie Brooks at the BBC** The singer marks her 80th birthday by looking back at songs from the BBC archive.
10.10 **Elkie Brooks: Sight and Sound in Concert** A 1977 concert from the Hippodrome, Golders Green.
11.10 **Elkie Brooks: In Concert 1987** A 1987 concert from Birmingham NEC.
12.30 AM **TOTP: 1999**
1.30 **TOTP: 1978** As 8.00pm.
2.00 **TOTP: 1988** As 8.30pm.
2.30 **to 3.30** AM **Elkie Brooks: Sight and Sound...**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Tim Shaw and Fuzz Townshend visit Dorset to take on a carpenter's 1980 Ford Escort RS2000. **5.50** Tim and Fuzz fix up a 1992 Saab 900 Turbo.
6.50 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help house-hunters in Essex.
7.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer meet Christine and Tony in Purley, Croydon, who need help deciding whether they should sell or upgrade their home.
9.00 **Blanca** New episode *Ghosts:* 2/6. A body is found at the crumbling palazzo where Liguori's uncle lives, and connections to the drug trade are exposed. But Uncle Edoardo blames the ghosts that have been haunting him. Subtitled. (S1)
11.15 **24 Hours in A&E** The team treat a 78-year-old man who suffered a cardiac arrest at the gym.
12.15 AM **24 Hours in A&E**
1.20 **Emergency Helicopter Medics** Documentary.
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Strangers on a Plane**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen...**
8.00 **The Goldbergs**
9.00 **Modern Family**
10.00 **The Simpsons**
11.30 **First Dates**
12.30 PM **Ramsay's Kitchen Nightmares USA**
1.30 **The Simpsons**
2.30 **Modern Family**
3.30 **The Simpsons**
5.00 **Celebrity Coach Trip**
6.00 **The Simpsons** Double bill.
7.00 **The Simpsons** *A Made Maggie:* Homer and Marge select Fat Tony to be Maggie's godfather. **7.30** *The Dad Who Knew Too Little:* Homer hires a dodgy private detective.
8.00 **First Dates** Lauren from *The Real Housewives of Cheshire* is looking to move on after her divorce.
9.00 FILM **John Wick: Chapter 3 – Parabellum** Thriller sequel with Keanu Reeves and Halle Berry. (2019, 15, 130min) ★★★★
11.35 FILM **The Inbetweeners Movie** Spin-off from the TV sitcom, starring Simon Bird and Joe Thomas. (2011, 15, 97min) ★★★★
1.35 AM **Naked Attraction**
2.35 **Gogglebox**
3.30 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride: Revisited**

+1 hr 235/236 306 30 123 256

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Brit Cops: Rapid Response**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 12/22. (S7)
1.00 PM **The Rookie** 1/22. Lopez is kidnapped on her wedding day. **2.00** 2/22. Nolan and Chen's run-in with a thief tips them off to a potentially big heist. (S4)
3.00 **Law & Order: Criminal Intent** 14/21. Goren uncovers a web of corruption. (S3)
4.00 **Nothing to Declare**

10.00 Fire Country

7 PM **7.00** **Police 24/7** Focusing on how law enforcement acts when a suspected crime unfolds in real time.

8 PM **8.00** **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM **9.00** **Chicago Fire** *Trapped:* 3/13. Brett and Violet take an investigation into a domestic dispute into their own hands. (S12)

10 PM **10.00** **Fire Country** *Mama Bear:* 11/22. A former inmate firefighter plans revenge on Sharon. (S1)
11.00 **Blue Bloods** 7&8/20. (S12)
1.00 AM **FBI** 9&13/22. (S7)
3.00 **Doc** 15/22. Amy treats a critically ill patient while processing Katie's news. (S2)
4.00 **Highway Cops** Double bill.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Catherine the Great** (S1)
11.15 **House of the Dragon** Seven episodes, including at: **1.35** PM 3/8. Daemon arrives at Harrenhal to raise an army. **2.50** 4/8. Cole mounts a campaign in the Crownlands. **3.55** 5/8. Amid whispers of bad omens, while Jacaerys sets out on a rogue mission. **5.10** 6/8. Rhaenyra summons a knight for a risky venture. **6.30** 7/8. Daemon puts pressure on Oscar Tully. (S2)

10.00 The Time Traveler's Wife

7.45 **House of the Dragon** *The Queen Who Ever Was:* 8/8. As Aemond becomes more volatile, Larys plots an escape and Rhaenyra looks to press home her advantage. (S2)

9.00 **DTF St Louis** 4/7. Black comedy starring David Harbour, Jason Bateman and Linda Cardellini. (S1)

10.00 **The Time Traveler's Wife** 4/6. Clare invites Henry to a dinner party, but it's crashed by another Henry. (S1)
11.00 **The Time Traveler's Wife** 5/6. Henry has a chance to step inside Clare's home. **11.55** 6/6. The future Clare envisioned with Henry slips out of reach. (S1)
12.55 AM **Succession** 1-3/10. (S4)
4.20 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.20 **Real Housewives of Atlanta**
11.15 **Real Housewives of Beverly...**
12.10 PM **Supermarket Sweep**
1.10 **Wheel of Fortune**
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Atlanta**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 The Suicide Squad

7.00 **Wheel of Fortune** Graham Norton hosts the game show as three couples compete to win a potential £50,000 jackpot.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **FILM The Suicide Squad** Comic-book adventure comedy starring Idris Elba. Supervillains Harley Quinn, Bloodsport, Peacemaker and a rag-tag bunch of cons at Belle Reve prison join a secret task force. (2021, 15, 132min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Family Guy** 7/20. Peter turns a mansion into a hotel. **12.10** AM 2/20. Peter and the guys recount stories of three music legends. (S20)
12.35 **American Dad!** (S17)
1.35 **Bob's Burgers** (S14)
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.20 PM **Midsomer Murders** *Dead in the Water:* Barnaby and Scott investigate when a man's body is found in the river.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Manhunt:* Nick and Greengrass are held hostage in the pub cellar.

8.00 Doc Martin

6.55 **Heartbeat** *Bitter Harvest:* The slaughtermen arrive at a farm where a case of foot-and-mouth disease has been reported.

8.00 **Doc Martin** *Uneasy Lies the Head:* 2/8. Despite the doctor's attitude toward her, Louisa applies for a job at the school.

9.00 **Doc Martin** *Perish Together as Fools:* 3/8. PC Penhale is delighted by the arrival of his older brother Sam. (S4)

10.00 **Midsomer Murders** *The Electric Vendetta:* A series of mutilated corpses turn up in the middle of crop circles, leading DCI Barnaby to question his customary approach.
11.50 **A Touch of Frost** *Dancing in the Dark:* A man's body is found on top of a pile of glass.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Auto Mundial**
6.45 **The Big Match Revisited**
8.35 **Magnum, PI**
9.35 **Kojak**
10.35 **Boon**
11.50 **The Sweeney**
12.55 PM **BattleBots**
1.55 **Magnum, PI**
2.55 **Kojak**
4.00 **Boon**
5.15 **LIVE Racing: Friday Night Live** The fourth and final meeting of the series from Newcastle.

5.15 Racing: Friday Night Live

LIVE Racing: Friday Night Live (started at 5.15pm)

8.50 **FILM Rocky** Oscar-winning drama starring Sylvester Stallone as a struggling Philadelphia boxer who gets an unexpected shot at the heavyweight championship. With Talia Shire, Burt Young, Carl Weathers and Burgess Meredith. (1976, PG, 119min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Wrestling: AEW Dynamite** Featuring world-class talent including Bryan Danielson and Claudio Castagnoli.
1.10 AM **Dark Side of the Ring**
2.00 **Two and a Half Men** (S1)
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Icons of Football** A profile of former Aberdeen and Scotland defender Willie Miller.
8.00 **Wild Horses, the Rockies and Me** Gordon Buchanan goes in search of wild horses in Canada.
9.00 **City Lights: Pure Dead Brilliant** A celebration of the comedy that captured the spirit of 1980s Scotland.
10.00 **Still Game** 3/6. Jack and Victor take up walking football. (S8)
10.30 **A View from the Terrace** New edition A sideways look at Scottish football.
11.15 **Two Doors Down** 6/6. Beth hosts a baby shower for Sophie. (S2)
11.45 PM **to 12.00** M'T **Growing Up Scottish**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** (S1)
9.00 **Community** (S2&3)
2.00 PM **The Office (US)** (S5)
4.30 **Based on a True Story** Eight episodes of the series, including at: **6.15** 4/8. Ava and Nathan go to a sex party. **6.45** 5/8. Ava and Matt decode a cipher. **7.20** 6/8. Matt gives in to his dark desires. **8.00** 7/8. Ava realises her obsession has become an addiction. **8.30** 8/8. Tory and Matt go on the run. (S2)
9.00 **Glenn Moore: Will You Still Need Me, Will You Still Feed Me, Glenn I'm Sixty Moore** The comedian performs his 2022 stand-up show.
10.15 **The Comeback** 1/8. Valerie enters the world of AI comedy. (S3)
10.55 **Community** (S3)
12.55 AM **Barry** 3&4/8. (S3)
2.00 **American Auto** (S1)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Anne-Sophie Mutter, John Williams & Friends: A Celebration**
8.10 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Cleo Laine: The Unseen Home Movies**
3.00 **Bagpipes: A Celebration**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **From the Vaults**
9.00 **NEW SERIES Billy Idol Should Be Dead** *See feature, page 21.*
11.20 **I Was a Teenage Sex Pistol** Documentary.
1.10 AM **Johnson & Knopfler's Music Legends** Documentary.
2.10 **Liam Gallagher Live: Knebworth 22**
5.30 **to 6.00** AM **Inside Art**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 10/26. (S2)
5.00 **Stargate SG-1** (S4)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** *Too Short a Season:* 16/26. The ship escorts an admiral. (S1)
8.00 **Nothing to Declare**
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Star Trek: Enterprise**
12.00 M'T **Warrior** 4/10. (S3)
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **The Force: Manchester**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Ant & Dec's Limitless Win** Married couples Dan and Sarah, and Nik and Khajal take part.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Matt tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win a cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **The Floor** Rob Brydon hosts a game show in which 81 contestants compete in a battle of knowledge and nerve.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Tenable** Quiz show.
1.45 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Location, Location, Location** In Cheshire.
10.00 **Our Farm in the Dales**
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From Italy.
1.00 PM **A Place in the Sun**
2.00 **A Place in the Sun: What Happened Next?**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **George Clarke's Building Home**
7.00 **Devon and Cornwall**
7.50 **The Great Celebrity Bake Off for Stand Up to Cancer** Cherish Finden joins Paul Hollywood as a judge.
9.00 **24 Hours in A&E**
11.05 **Gogglebox** Double bill.
1.10 AM **FILM Infinity Pool** Horror mystery. (2023, 18, 118min) ★★★
3.25 **Open House: The Great Sex Experiment**
4.20 **to 4.55** AM **A Place in the Sun**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 3/26. (S7)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 4/26. (S7)
2.00 **Warehouse 13** 6&7/13. (S2)
4.00 **Stargate SG-1** 22/22. (S3)
5.00 **Star Trek: Voyager** 6/26. (S3)
6.00 **Star Trek: The Next Generation** 3/26. Geordi discovers that the starship commanded by his mother has disappeared. (S7)

8.00 Stargate SG-1

7.00 **Star Trek: Deep Space Nine** *Take Me Out to the Holosuite:* 4/26. The crew compete in a baseball challenge. (S7)

8.00 **Stargate SG-1** *Nemesis:* 22/22. Part one of two. A terrifying new creature threatens Earth. (S3)

9.00 **Grimm** *Of Mouse and Man:* 9/22. Two magical creatures are connected to a murder.

10.00 **Grimm** *Organ Grinder:* 10/22. Nick investigates an organ-harvesting plot, and considers telling Juliette the truth. (S1)
11.00 **The Walking Dead** 5/6. (S1)
12.00 M'T **Warehouse 13** 6/13. A mysterious walking stick suddenly disappears. (S2) **1.00** AM 7/13. Two members of a college wrestling team spontaneously combust. (S2)
2.00 **The Walking Dead** As 11pm.
3.00 **Reginald the Vampire** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S15)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 17/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **My Life Is Murder** (S2)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S15)
4.00 **The Mentalist** 17/23. (S1)
5.00 **Hudson & Rex** 6/16. The duo investigate when a pharmacist at Charlie's aunt's retirement home is found dead. (S1)
6.00 **My Life Is Murder** 5/10. Alexa needs to use all five senses to solve a mysterious death. (S2)

10.00 Death in Paradise

7.00 **Father Brown** *The Two Deaths of Hercule Flambeau:* The priest races to protect the Iron Crown of Lombardy.

8.00 **Father Brown** *The Requiem for the Dead:* The priest must delve into the past when a child killer is found murdered.

9.00 **CSI: Vegas** *Heavy Metal:* 9/10. The team look into the case of an shop owner who died from an apparent gunshot wound. (S3)

10.00 **Death in Paradise** *Steamy Confessions:* 2/9. The team are baffled when an archaeologist is poisoned during a dig. (S10)
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise**
1.00 AM **My Life Is Murder**
2.00 **We Hunt Together** 6/6. Freddy, Jackson and Lola race to unmask the killer. (S2)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.00 **Wallace & Gromit: A Close Shave** Nick Park's animation.
9.40 **Wallace & Gromit: A Matter of Loaf and Death** Animation.
10.20 **Are You Being Served?**
11.00 **Keeping Up Appearances**
11.40 **Last of the Summer Wine**
1.00 PM **Dad's Army**
2.20 **Hi-de-Hi!**
3.00 **Are You Being Served?**
3.40 **Porridge**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

10.15 The Vicar of Dibley

7.00 **Porridge** Mackay takes a well-earned holiday.
7.40 **Dad's Army** Private Pike receives his call-up papers and unexpectedly passes his medical.
8.20 **Are You Being Served?** Mrs Slocombe plots the downfall of a glamorous perfume saleswoman.

9.00 **Gavin & Stacey** The Essex boys plan a big night out in Cardiff. **9.40** Nessa goes into labour a month early.

10.15 **The Vicar of Dibley** Geraldine attempts to make the supreme sacrifice by giving up chocolate for Lent.
11.10 **Bottom 2001: A*** Oddity Live** Stage show based on the comedy series. The grubby duo find themselves stranded on a Pacific island.
1.10 AM **Gavin & Stacey**
2.20 **The Vicar of Dibley**
3.00 **to 4.00** AM **Ghosts**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Border Force: America's Gatekeepers**
8.00 **Cops on the Rock**
10.00 **Railroad Australia**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **How Britain Worked**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Sugar-rich sweets and desserts.
6.00 **Rick Stein's Mediterranean Escapes** The seafood chef visits the bazaars of Morocco.

11.00 Taskmaster: Champion...

7.00 **Would I Lie to You?** With MIST, Jayde Adams, Ellie Simmonds and Laurence Llewelyn-Bowen.
7.40 **Richard Osman's House of Games** With Karim Zeroual and Rob Rinder. **8.20** With Steve Cram, Lloyd Griffith, Jeanette Kwakye and Josie Long.

9.00 **QI XL** Guests Kemah Bob, Alex Edelman and David Mitchell join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Alex Horne hosts the satirical quiz, with guests Carol Vorderman and Jack Dee.
11.00 **Taskmaster: Champion of Champions** A two-part special welcoming back the champions from the first five series.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Mel Giedroyc: Unforgivable**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.05 **All Creatures Great and Small** Siegfried goes on a mission to collect unpaid bills.
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Birds of a Feather**
6.00 **Last of the Summer Wine**

9.00 Happy Valley

7.20 **Last of the Summer Wine** Howard asks Hobbo to deliver a message to Pearl, but is aghast to see his wife kissing his friend.

8.00 **Father Brown** *Jackdaw's Revenge:* The priest must protect those closest to him when an old foe is released from prison.

9.00 **Happy Valley** 4/6. Catherine visits Tommy's mother in her search for answers, but is shocked when the woman raises a question about her own grandson. (S1)
10.10 **New Tricks** *Ducking and Diving:* The team reopen a murder case from 17 years previously.
11.30 **The Inspector Lynley Mysteries** *In Divine Proportion:* Crime drama.
1.20 AM **All Creatures Great and Small** Rural drama.
2.35 **Birds of a Feather**
3.10 **to 4.00** AM **Catch Me a Killer**

+1 hour 243 316 60 260

Friday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 11-13/24. (S8)
12.00 NOON **Law & Order**
5.00 PM **Law & Order**
6.00 **NCIS** *Restless:* 2/24. A US Marine is stabbed on the way to his homecoming party. **7.00** *The Penelope Papers:* 3/24. McGee's grandmother is implicated in a killing. **8.00** *Enemy on the Hill:* 4/24. The team try to uncover the motive behind a killing. (S9)
9.00 **Person of Interest** *.exe:* 12/13. Reese and Shaw catch up with Finch. **10.00** *Return O:* 13/13. The stage is set for a confrontation between the Machine and Samaritan. (S5)
11.00 **Law & Order: Special Victims Unit** (S24&23)
2.45 AM **Instinct** 9/11. (S2)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Dogs Behaving (Very) Badly: What Happened Next?**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition** A woman is admitted after a head-on collision with another car.
10.00 **999: Emergency Call Out** Emergency responders receive a call of a woman who's been flung from a horse.
11.00 **Skin A&E**
12.00 M'T **Nightmare Tenants, Slum Landlords**
2.45 AM **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
11.55 **FILM Copper Canyon** Western with Ray Milland. (1950, PG, 84min) ★★
1.40 PM **FILM Will Penny** Western. (1967, PG, 109min) ★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police: Night Shift 999** An electric scooter rider refuses to go quietly.
10.00 **Cops** A suspect with a stolen truck leads everyone on a chase. **10.30** A personalised keychain casts doubt on a man's story.
11.00 **The X-Files** 15/24. (S1)
12.00 M'T **Mud Mountain Haulers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Gemma and Gorka: Life Behind the Lens**
7.00 **Tipping Point**
10.00 **Find It, Fix It, Flog It**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **Inside the Ambulance** Crews in Dudley attend a man suffering heart failure, as well as a transgender patient in pain from an old injury.
9.00 **999 Rescue Squad** An explosion demolishes a block of flats and the team are called in to help. **10.00** The response team race to the rescue of a worker trapped in a collapsed trench.
11.00 **Louis Theroux: Miami Mega Jail** Double bill.
1.00 AM **Emma Willis: Delivering Babies**
2.30 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Adolf Hitler's War**
11.00 **Churchill's Bid to Abolish Britain**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Adolf Hitler's War**
5.00 **Churchill's Bid to Abolish Britain**
6.00 **Antiques Roadshow**
7.00 **Operation Arctic**
8.00 **'Allo 'Allo!** Michelle joins Crabtree in a duet. **8.40** The Colonel and Gruber's plan goes awry. **9.20** Rene finds himself imprisoned by communist leader Louise.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Retro Electro Workshop** Double bill.
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Toyah Willcox
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Derbyshire Auction House**
4.00 **Long Lost Family: What Happened Next**
6.00 **The Yorkshire Auction House** Double bill.
8.00 **Antiques Road Trip** Tim Medhurst and Margie Cooper shop for a final time in Buckinghamshire.
9.00 **Fixer to Fabulous** New edition Dave and Jenny take on a reno close to home.
10.00 **Home Town**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

FRIDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 11-13/22. (S2)
1.00 PM **The Waltons** (S6)
3.00 **Ballykissangel** (S5)
4.10 **Born and Bred** (S3)
5.20 **Bramwell** 5/7. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 6/25. Nurse Baker enjoys a second honeymoon. **8.00** 7/25. Hot Lips suddenly disappears. **8.30** 8/25. A depressed major pays a visit to the camp. (S5)
9.00 FILM **Last Knights** Medieval adventure starring Clive Owen and Morgan Freeman. (2015, 15, 112min) ★★
11.25 **The New Avengers**
12.25 AM **M*A*S*H** (S5)
1.30 **Home to Roost** (S2)
2.05 **Rumpole of the Bailey**
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The Avengers**
11.00 **The High Chaparral**
12.00 NOON FILM **The Virginian** Western. (2014, 12, 90min) ★★
2.00 PM FILM **Kentucky Rifle** Western drama. (1956, U, 84min) ★★
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S6)
9.00 FILM **November Man** Spy thriller starring Pierce Brosnan and Luke Bracey. (2014, 15, 108min) ★★★
11.20 FILM **Predestination** Sci-fi thriller starring Ethan Hawke. (2014, 15, 98min) ★★★★
1.25 AM **The Baron**
2.25 **The New Avengers**
3.15 FILM **Johnson County War – Part 2** Western starring Tom Berenger. (2002, 12, 89min) ★★
4.50 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **An Aurora Teagarden Mystery: Something New** Mystery. (2023, U) ★★
10.05 **In Plain Sight** (S5)
11.05 **Castle** 2/22. (S8)
12.05 PM FILM **Mystery 101: Dead Talk** (2019) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 3/22. (S8)
8.00 **Unforgettable** (S1)
9.00 **In Plain Sight** (S5)
10.00 FILM **An Aurora Teagarden Mystery: Three Bedrooms, One Corpse** (2016, PG) ★★
11.55 FILM **Garage Sale Mysteries: Guilty Until Proven Innocent** Thriller. (2016, PG) ★★
1.50 AM FILM **Scandal: My Daughter's Secret** Thriller. (2021, PG) ★★
3.20 **to 5.00** AM FILM **Killer Ending** (2018, 12) ★★

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **Sand Dollar Cove** Romantic drama. (2021, PG, 84min) ★★
10.20 FILM **North to Home** Drama. (2022, PG) ★★
12.15 PM FILM **Fashionably in Love** Comedy. (2023, PG, 87min) ★★
2.15 FILM **Love Off the Page** Drama. (2022, PG) ★★
4.10 FILM **Secret Millionaire** Romantic comedy. (2018, PG, 84min) ★★
6.00 FILM **One Perfect Match** Romantic comedy. (2023, PG, 87min) ★★
8.00 FILM **A Royal Recipe for Love** Romance. (2023, PG, 89min) ★★
10.00 FILM **The Christmas Club** Romantic comedy. (2019, U, 100min) ★★
11.55 FILM **A Family for the Holidays** Mystery. (2018, U, 85min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love Off the Page** As 2.15pm.

+1 hour 320

Together TV

170 136 83 162

6.00 AM **Teleshopping**
11.00 **Garden Rescue**
12.00 NOON **Great British Food** Double bill.
1.00 PM **The Greatest Auction** Oasis lyrics.
2.00 **My Floating Home**
3.00 **Highclere: The Real Downton Abbey**
4.00 **Supermarket Secrets Revealed**
5.00 **Highclere: The Real Downton Abbey**
6.00 **The Greatest Auction**
7.00 **Garden Rescue**
8.00 **My Floating Home**
9.00 **Supermarket Secrets Revealed**
10.00 FILM **Fanny Hill** Period drama. (1983, 18) ★★
12.00 M'T FILM **Deadly Recruits** Spy thriller. (1986, PG, 92min) ★★
2.00 AM **The Greatest Auction** As 1.00pm.
3.00 **Highclere: The Real Downton Abbey**
4.00 **to 5.00** AM **Supermarket Secrets...**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Gaffer** 7/7. (S3)
9.00 **Bubblegum & Cheese**
10.00 **Space 1999** 3/24. (S2)
11.05 **Shine on Harvey Moon**
12.10 PM **The Dustbinmen**
12.40 **Agony** 7/7. (S3)
1.10 **Star Maidens** 8/13. (S1)
1.40 **The Champions** (S1)
2.40 **Space 1999** 3/24. (S2)
3.45 **Hank the Cowboy** (S1)
4.00 **Walking Westward**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Dustbinmen** (S2)
6.30 **Star Maidens** 8/13. (S1)
7.00 **Agony** 7/7. (S3)
7.30 **The Gaffer** 7/7. (S3)
8.00 **The Champions** (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **Pets** Drama. (1973, 18, 125min) ★★
12.05 AM **Stereo Underground**
1.05 **Hotel Amigo**
2.05 **Hank the Cowboy** (S1)
2.20 **Mysterious Tales**
2.25 **The Rewind Jukebox**
3.25 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Jake and Johnathan try to avoid an Arctic hurricane. **8.00** Sean lays down the law with Zack.
9.00 **Cornwall Air 999** The team race to help a patient in cardiac arrest. **10.00** The crew battle to save a biker who has crashed.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid: Alone** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Islands to Highlands**
7.00 **The Hairy Bikers Go North** Northumberland.
8.00 **The Pioneer Woman**
9.00 **Jamie's Quick & Easy Food** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers Go North** Northumberland.
4.00 **The Pioneer Woman**
5.00 **Jamie's Quick & Easy Food** Double bill.
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **Man v Food with Casey Webb** Double bill.
10.00 **Chef Grudge Match** New edition
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with...**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 9/22. (S6)
9.00 **T.J. Hooker** 5/5. (S1)
10.00 **The Invaders** (S2)
11.00 FILM **40 Days and Nights** Disaster thriller. (2012, 15, 86min) ★
1.00 PM FILM **Against a Crooked Sky** Western. (1976, PG, 85min) ★★
3.00 FILM **The Great Sioux Massacre** Western. (1965, U, 91min) ★★
5.00 **Star Trek** 19/24. (S3)
6.00 **The Invaders** (S2)
7.00 **T.J. Hooker** 1/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Contraband** Action thriller. (2012, 15, 105min) ★★★
11.15 FILM **The Hunted** Martial arts thriller. (1995, 18, 105min) ★★
1.30 AM FILM **The Trust** Comedy thriller. (2016, 15, 90min) ★★★
3.20 **to 5.00** AM FILM **The Black Torment** Gothic horror. (1964, 15) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Asteroid v Earth** Sci-fi disaster. (2014, 15, 91min) ★★
11.00 **The Lost World** (S3)
12.00 NOON FILM **Martian Land** Sci-fi drama. (2015, PG, 90min) ★
2.00 PM FILM **Earthstorm** Sci-fi. (2006, PG) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **The Blood Beast Terror** Period chiller. (1967, 12, 88min) ★
7.00 **The Lost World** (S3)
8.00 **The Fall Guy** 12/22. (S3)
9.00 FILM **Drive Angry** Supernatural thriller. (2011, 18, 104min) ★★★
11.05 FILM **Bad Lieutenant** Crime drama. (1992, 18, 98min) ★★★★
1.05 AM FILM **Seal Team VI: Journey into Darkness** Drama. (2008, 18) ★★
3.00 FILM **The Blood Beast Terror** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Storage Hunters**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Mountain Men**
12.10 PM **Swamp People: Serpent Invasion**
1.05 **Storage Hunters**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **In Search of Aliens**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Road Wars** New editions
10.00 **Paranormal: Caught on Camera**
12.00 M'T **My Paranormal Nightmare**
1.00 AM **In Search of Aliens**
2.00 **Ancient Aliens**
3.00 **Mountain Men**
3.45 **Swamp People...**
4.35 **to 6.00** AM **Highlights**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Great Lighthouses of Ireland** In Dublin.
7.00 **Ben Fogle: New Lives in the Wild** Ben journeys to Ireland's rugged Atlantic coastline. **8.00** A man who lives in a remote area of Brazil.
9.00 **Taggart** *Death Benefits:* The wife of a sergeant is murdered and a search of their house reveals a list of names, all of whom are meeting with unfortunate accidents.
11.45 **The Most Embarrassing Live TV Moments**
1.45 AM **Happy Campers: The Caravan Park**
3.35 **to 4.00** AM **Walking Wartime Britain**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Game show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** Russell Watson, Rita Simons, Bill Oddie and Denise Welch take part in the quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill of the quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.30** 8/24. The gang re-create a prom night on the roof of the apartment building. (S8)
9.00 **90 Day Fiancé: Before the 90 Days** New edition Emma's secret leaves her future with Ziad in jeopardy.
11.00 **Georgie and Mandy's First Marriage** Georgie intervenes between his grandmother and his father-in-law. **11.30** Audrey wants to meet Connor's girlfriend.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S8)
7.00 **Friends** 11/24. Rachel meets her work stand-in. **7.30** 12/24. Gavin surprises Rachel. **7.55** 13/24. Ross tries to make Rachel jealous. **8.30** 14/24. Joey and Phoebe play Cupid for Rachel and Ross. (S9)
9.00 **Lee Evans: Live in Scotland** Stand-up.
10.30 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
1.40 AM **Michael McIntyre: Showtime** Stand-up.
2.45 **Rosie Jones Tries to Help** Harriet Kemsley.
2.50 **Reno 911!** (S4)
3.10 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S8)
7.00 **Teleshopping**
9.00 **Spin City** 1&2/26. (S4)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S1)
1.00 PM **Criminally Funny**
2.30 **Comedy Game Night**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 1&2/26. (S4)
7.00 **Everybody Loves Raymond** (S8)
9.00 **Michael McIntyre's Big Show** With music by Tinie Tempah and acrobatics by the Peres Brothers Group.
10.00 **Friends** 9-12/24. (S8)
12.00 M'T **Iain Stirling's Roast the Internet**
1.00 AM **Whose Line Is It Anyway? USA**
4.05 **to 7.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.45 **Steptoe and Son** (S5)
11.25 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 5/7. (S1)
12.30 PM **Man About the House** 1/7. Sitcom. (S1)
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 11/13. Sitcom. (S1)
2.40 **Minder** 9/10. (S5)
3.45 **Just Good Friends** (S2)
4.20 **Man About the House**
4.50 **Some Mothers Do 'Ave 'Em** 1/6. Sitcom. (S3)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.05 **Steptoe and Son** (S5)
6.45 **Rising Damp** 4/7. (S1)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 11/11. (S1)
9.00 **Benidorm** 1/9. (S9)
9.55 **Shameless** 11/16. (S6)
11.00 **Man About the House**
11.30 **Rising Damp** 5/6. (S4)
12.00 M'T **Benidorm** 1/9. (S9)
1.00 AM **Minder** 2/13. (S3)
2.05 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **MTV Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom: From The Beginning** Reality series.
8.00 **Teen Mom 2**
9.00 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Help! I'm in a Secret Relationship!**
5.00 **Dallas Cowboys Cheerleaders**
7.00 **Rich Kids Go Skint**
8.00 **Teen Mom UK: Next Generation**
9.00 **Dating Naked**
10.00 **Tattoo Fixers**
11.00 **Celebrity Ex on the Beach** Reality show.
12.00 M'T **Me & My Sugar Daddy** Documentary.
1.00 AM **Caught in the Act: Unfaithful**
2.45 **Ink Master**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Tanked** Double bill.
9.00 **The Last Woodsmen**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.30** The making of biodiesel.
5.00 **Alaska: Homestead Rescue** The Raneys struggle to revive an inherited Wyoming homestead with a tragic legacy, and Marty must solve the mystery of an untapped well.

9.00 Expedition X

7.00 **Wheeler Dealers** Mike and Ant finally get hold of a 1969 Datsun Roadster, but find it is prone to breaking down.
8.00 **Gold Rush** Tony brings in his brother Klass to mine more gold, and the Beets' mission to rescue a flooded dozer derails.
9.00 **Expedition X** New edition Joined by Jack Osbourne, Heather investigates the eerie ghost town of Vulture City.
10.00 **Curse of the Bermuda Triangle** Documentary series examining the mysteries surrounding the Bermuda Triangle.
11.00 **Expedition Bigfoot** A 3D scan discovers possible man-made structures in the forest.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition X** As 9.00pm.
2.00 **Curse of the Bermuda Triangle** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die** From Australia.
10.00 **Tanked** A Malibu winery.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Two cats that are ferocious when together. **4.00** Jackson Galaxy helps a family in Portland.
5.00 **Lone Star Law** Game wardens patrol the Rio Grande seeking an unidentified body.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog has a broken jaw.

9.00 Alaska: The Last Frontier

7.00 **Treehouse Masters** Pete builds a window-walled art studio and a bohemian clubhouse for singer Grace VanderWaal.
8.00 **100 Days Wild** The battle over the food supply pushes Adam, Evan, Christine and Gerrid to the limit.
9.00 **Alaska: The Last Frontier** Changing weather forces the Kilchers to venture miles from home in search of food for winter.
10.00 **Alaskan Bush People** As the siblings race to finish their water system, Billy gets news that shakes the Wolfpack.
11.00 **The Haunted** A family witness their dog being thrown across the room by an invisible entity.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** Gluttony.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Dutch Caribbean Coastguards** Documentary.
9.00 **Journey Across Jungles: The China-Laos Railway**
10.00 **Tut's Treasures: Hidden Secrets** Documentary.
11.00 **Strangest Things**
12.00 NOON **Disaster Autopsy**
1.00 PM **Car S.O.S** An Austin 12.
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Planes that Changed History**
5.00 **Car S.O.S** A motorbike.
6.00 **Inside Sydney Airport** A suspicious package is found.

11.00 Strangest Things

7.00 **Air Crash Investigation** A 1978 accident over San Diego, California, in which a PSA flight crashed into a private Cessna.
8.00 **Air Crash Investigation** The crash of Turkish Airlines Flight 1951 in 2009, which fell from the sky over Amsterdam.
9.00 **Air Crash Investigation** Moments after taking off from a Norwegian island, a turboprop plunges into the North Atlantic.
10.00 **Inside Melbourne Airport** A kangaroo keeps Trent on his toes, and baggage handler Brodie battles jams.
11.00 **Air Crash Investigation** A devastating plane crash in Buenos Aires, Argentina.
12.00 M'T **To Catch a Smuggler**
2.00 AM **Lords of War**
2.30 **Abandoned**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Full Custom Garage**
6.55 **Adventure Gold Diggers**
7.50 **Digging for Britain**
8.45 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **Digging for Britain**
1.00 PM **Ancient Aliens: Origins**
3.00 **Alien Files Reopened** Triple bill of the documentary series.
6.00 **American Pickers** Robbie and Jersey comb through a homewrecker's massive cache of architectural salvage, while Mike is determined to rescue a trio of dented Porsches..

10.00 Ancient Aliens: Origins

7.00 **Forged in Fire** The bladesmiths are challenged to recreate the famous battle sword wielded by Napoleon.
8.00 **Combat Trains** Exploring how Lawrence of Arabia used guerilla warfare against the Ottoman Empire's railways.
9.00 **Hitler's Handmaidens** Conspiracy theories surrounding the many lovers of Adolf Hitler.
10.00 **Ancient Aliens: Origins** New edition A compilation of the most compelling mysteries featured on the *Ancient Aliens* series.
12.00 M'T **Alien Files Reopened** The stories behind unusual and unexplained UFO sightings. **12.55** AM An alien race at Nellis Air Force base. **1.50** The claims of Billy Meier who, in 1975, said he had extraterrestrial friends.
2.50 **Ancient Aliens: Origins**
4.25 **Pawn Stars**
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Celtics City**
7.05 **Discovering: Meg Ryan**
8.00 **The Directors**
9.00 **The Movies**
10.00 **The Nazi Cartel**
11.00 **The Sixties**
12.00 NOON **Val** Focusing on the daily life of actor Val Kilmer.
2.10 PM **Brazil 2002** Documentary following the Brazilian national team through the 2002 World Cup.
4.00 **Discovering: Meg Ryan**
5.00 **The Directors**
6.00 **The Movies**

7.00 David Frost Vs

7.00 **David Frost Vs** 2/6. The story of how David's first encounter with Muhammad Ali led to an unlikely lifelong friendship.
8.00 **How The Beatles Changed the World** Through exclusive interviews and a wealth of rarely seen footage, this film reveals the story of how four young men from Liverpool transformed the world for ever.
10.00 **Premier League 360 – Big Sam's Bolton** A look at Sam Allardyce's iconic Bolton Wanderers team of the early 2000s in the Premier League.
12.00 M'T **Terry Venables: A Man Can Dream** The life of the former England manager.
2.00 AM **QPR: The Four Year Plan** An insight into the running of Queens Park Rangers following a 2007 takeover.
3.50 **Adam Hills: Foot Fault**
5.00 **to 6.00** AM **Discovering: Meg Ryan**

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Antiques Road Trip**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **Celebrity Yorkshire Auction House**
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **The Repair Shop** Audio expert Mark restores a vintage jukebox that holds fond memories. **10.00** Musical expert David tries to bring a pump organ back to life, while furniture restorer Will works on a crib from World War One.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **People Magazine Investigates** New edition Police look in a backyard for a body after a marriage sours.
10.00 **The Friday the 13th Murders** Documentary.
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **The Victorian Murder Files**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Katie Wilding sought romance but found abuse. Her death was ruled an overdose.
8.00 **Fraud Squad** A con artist makes thousands pretending to know Hilary Clinton.
9.00 **Descent of a Serial Killer** Investigating the crimes of Danny Rolling.
10.00 **Murder by the Sea** Noreen O'Connor became convinced that Marie Bulls was possessed by the devil.
11.00 **Bloodline Detectives** The murder of 16-year-old Sarah Yarborough outside her school.
12.00 M'T **Judge Judy**
4.35 AM **Facing Evil**
4.55 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **The Killer You Know**
10.45 **Teleshopping**
11.00 **48 Hours**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Cold Cases Reopened** Tennessee struggles with the ever-growing opioid crisis. **3.00** The brutal murder of Sharon Gill in her new home in 1990.
4.00 **48 Hours**
5.00 **Medical Detectives** Detectives find a piece of vital evidence. **5.30** The body of a woman is found twenty years after she vanished. **6.00** Police dogs trace a killer's scent and reveal a twisted perpetrator. **6.30** A deadly blaze which killed a woman.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **The Force: Manchester**
7.00 **Brit Cops: Frontline Crime UK** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
2.00 PM **The Killer Within**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Murder Next Door**
10.00 **How I Caught the Killer**
11.00 **Catching the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **What the Killer Did Next** Documentary.
2.00 **Murder Uncut**
3.00 **Britain's Most Evil Killers**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Treasures Decoded**
9.30 **Los Angeles: Stories from the City**
10.45 **The War**
11.50 **The M Factor: Shredding the Silence on Menopause**
1.00 PM **Treasures Decoded**
2.00 **The M Factor: Shredding the Silence on Menopause**
3.15 **The War**
4.20 **Los Angeles: Stories...**
5.35 **Treasures Decoded**
6.35 **Los Angeles: Stories...**
7.50 **The War**
8.55 **The M Factor: Shredding the Silence on Menopause**
10.10 **Los Angeles: Stories...**
11.25 **Weathered: Earth's Extremes**
12.00 M'T **The War**
1.10 **to 2.00** AM **Weathered: Earth's Extremes**

Sky Nature

124/125 113/114 135 354 369

- 6.00 AM **New Kids in the Wild**
- 7.00 **Monkey Life**
- 8.00 **Guardians of the Wild**
- 9.00 **Orangutan Jungle School**
- 10.00 **Into the Wild: India**
- 11.00 **Africa's Hunters**
- 12.00 NOON **Secrets of the Enchanted Waters**
- 1.00 PM **Monkey Life**
- 2.00 **Guardians of the Wild**
- 3.00 **Orangutan Jungle School**
- 4.00 **Into the Wild: India**
- 5.00 **Africa's Hunters**
- 6.00 **Secrets of the Enchanted Waters** Documentary.
- 7.00 **Monkey Life** Double bill.
- 8.00 **Humanlike: The Chimps of Fongoli** Documentary.
- 9.00 **Wildlife ER**
- 10.00 **Secrets of the Enchanted...**
- 11.00 **Africa's Hunters**
- 12.00 M'T **Secrets of Wild Australia**
- 1.00 AM **New Kids in the Wild**
- 2.00 **Humanlike: The Chimps of...**
- 3.00 **Wildlife ER**
- 4.00 **Guardians of the Wild**
- 5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

- 6.00 AM **World's Most Unexplained**
- 7.00 **Evidence of the Unexplained**
- 8.00 **What on Earth?**
- 9.00 **Battle 360**
- 10.00 **Combat Machines**
- 11.00 **Ancient Aliens**
- 1.00 PM **Alien Files: Unsealed**
- 2.00 **Weird Britain**
- 3.00 **Digging for Britain**
- 4.00 **World's Most Unexplained**
- 5.00 **Evidence of the Unexplained**
- 6.00 **What on Earth?**
- 7.00 **Battle 360** The Japanese attack on the USS *Enterprise*.
- 8.00 **Combat Machines** A look at the origins of the arms race.
- 9.00 **The Nostradamus Effect** A look at the Bible's Revelation.
- 10.00 **Secrets Declassified with David Duchovny** The gadgets relied upon by spies.
- 11.00 **Ancient Aliens**
- 1.00 AM **Alien Files: Unsealed**
- 2.00 **Weird Britain**
- 3.00 **Digging for Britain**
- 4.00 **World's Most Unexplained**
- 5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

- 8.00 AM **NASA's Unexplained Files**
- 9.00 **Killers of the Cosmos**
- 11.00 **You Have Been Warned**
- 1.00 PM **Richard Hammond's Big**
- 3.00 **How the Universe Works**
- 6.00 **How Do They Do It?**
- 9.00 **Lost Beasts of the Ice Age** Phil Torres and Dr Tori Herridge go on a journey to Siberia for the biggest ever Ice Age dig, unearthing a treasure trove of animals buried in the ground for thousands of years.
- 11.00 **Cooper's Treasure** Darrell Miklos attempts to decode and follow a 'treasure map' created by former astronaut Gordon 'Gordo' Cooper. **12.00** M'T After finding evidence of a 1700s-era lifeboat near shore, Darrell and the team discover the shipwreck it came from, but a sudden tragedy hits the expedition.
- 1.00 AM **How the Universe Works**
- 4.00 **to 6.00** AM **Truth Behind the Moon Landing**

+1hr 267 379

Crime+Investigation

139/140 142 133

- 6.00 AM **The First 48**
- 7.00 **Homicide Hunter**
- 9.00 **Court Cam**
- 11.00 **Meet, Marry, Murder**
- 2.00 PM **Accident, Suicide or Murder?** Four editions.
- 6.00 **The First 48**
- 7.00 **Cold Case Files**
- 8.00 **Accident, Suicide or Murder?**
- 9.00 **Fugitives Caught on Tape** New editions Debris falls from the back of a stolen truck. **9.30** Officers chase a stolen car with the owner's one-year-old son still in the back seat.
- 10.00 **Court Cam** New editions Featuring a rent dispute between a father and daughter. **10.30** A father tries to knock out his son's killer.
- 11.00 **Ozark Law**
- 12.00 M'T **Britain's Darkest Taboos**
- 1.00 AM **Interrogation Raw**
- 2.00 **Homicide Hunter**
- 3.00 **Imperfect Murder**
- 5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

- 8.00 AM **Yukon Vet**
- 9.00 **Fish Tank Kings**
- 10.00 **America's Mighty Northwest**
- 11.00 **Shark Men**
- 12.00 NOON **The Incredible Dr Pol**
- 1.00 PM **Yukon Vet**
- 2.00 **The Real Black Panther**
- 3.00 **Jungle Animal Rescue**
- 4.00 **Secrets of the Zoo**
- 5.00 **Ice Road Rescue**
- 6.00 **Yukon Vet**
- 7.00 **Secrets of the Zoo** Two manatee orphans arrive at the zoo before returning to the wild.
- 8.00 **Mara: Rebirth** 1/2. A look at wildlife in the Maasai Mara. **9.00** 2/2. The rainy season begins, causing a rise in river levels and leading one mother and cub in danger when their den floods.
- 10.00 **Alaska: The Next Generation**
- 11.00 **Ice Road Rescue**
- 12.00 M'T **Something Bit Me**
- 1.00 AM **Animal Fight Club**
- 2.00 **The Incredible Dr Pol**
- 3.00 **Yukon Vet**
- 4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

161/172 147 181

- 7.00 AM **Bullet Points**
- 8.00 **Salvage Hunters: Classic Cars**
- 9.00 **Combat Dealers: Reloaded**
- 10.00 **Blowing Up History**
- 12.00 NOON **How the Universe Works** Experts explore the evolution of galaxies.
- 1.00 PM **The Alaska Triangle**
- 2.00 **Hunting Atlantis**
- 3.00 **Expedition Unknown**
- 4.00 **Expedition X**
- 5.00 **Mysteries at the Museum**
- 7.00 **How the Universe Works**
- 8.00 **Bullet Points** Examining why the controversial war in Vietnam raged on for 12 years, with sustained US military involvement, and at the cost of almost 60,000 soldiers' lives.
- 9.00 **Unexplained and Unexplored**
- 10.00 **How Do They Do It?**
- 11.00 **Massive Engineering Mistakes**
- 12.00 M'T **Mysteries at the Museum**
- 2.00 AM **How the Universe Works**
- 3.00 **The Alaska Triangle**
- 4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

- 9.00 AM **Abandoned Engineering**
- 1.00 PM **Abandoned Engineering**
- 5.00 **Secret Army** *The Last Run:* 1/13. The Allied advance threatens the escape routes. **6.10** *Invasions:* 2/13. The main safe house is discovered, threatening the lives of the Chantal sisters and the very existence of Lifeline. **7.20** *Revenge:* 3/13. The Communists plan to take their revenge, and the Candide prepares siege tactics. **8.30** *A Safe Place:* 4/13. Albert is imprisoned, leaving Monique to deal with a second-time evader. **9.40** *Ring of Rosies:* 5/13. Pascal and Monique deal with airmen carrying the bubonic plague. **10.50** *The Prisoner:* 6/13. London sends in a new officer to sort out a difficult situation, and his first action is to make a deal with the Germans. (S3)
- 12.00 M'T **Secret Army**
- 5.10 **to 6.00** AM **Abandoned Engineering**

+1hour 266 376

ID

154 140 166

- 8.00 AM **Southern Fried Homicide**
- 9.00 **American Monster**
- 11.00 **Disappeared**
- 12.00 NOON **Evil Lives Here: Shadows of Death**
- 1.00 PM **American Monster**
- 3.00 **Disappeared**
- 4.00 **Evil Lives Here: Shadows of Death** The murders of two girls at a remote lookout point.
- 5.00 **On the Case with Paula Zahn**
- 7.00 **Faking It: Tears of a Crime**
- 9.00 **A Killer Among Friends** When a teenager disappears, the whole town feels on edge.
- 10.00 **Portals to Hell** Jack and Heather Taddy head to Nebraska to investigate a museum full of cursed artefacts.
- 11.00 **Haunted Towns** The ghosthunters experience unimaginable terror as they investigate Hilo in Hawaii.
- 12.00 M'T **The Dead Files**
- 2.00 AM **On the Case with Paula Zahn** Double bill.
- 4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

158 146 180

- 7.00 AM **Wheeler Dealers**
- 8.00 **Motor Pickers**
- 9.00 **Outback Truckers**
- 10.00 **Salvage Hunters: Classic Cars**
- 11.00 **Shed and Buried**
- 12.00 NOON **Richard Hammond's Workshop** The Hammond family's Discovery breaks down.
- 1.00 PM **Outback Car Hunters**
- 2.00 **Salvage Hunters: Classic Cars**
- 3.00 **Outback Truckers**
- 4.00 **Ant Anstead: Born Mechanic**
- 5.00 **Motor Pickers**
- 6.00 **Wheeler Dealers**
- 7.00 **Shed and Buried**
- 8.00 **Ant Anstead: Born Mechanic** Ant has found an iconic VW Campervan that's been abandoned mid-restoration.
- 9.00 **Holden Bros. Restos**
- 10.00 **Outback Truckers**
- 11.00 **Wheeler Dealers**
- 12.00 M'T **Ant Anstead: Born Mechanic** As 8.00pm.
- 1.00 AM **Richard Hammond's...**
- 2.00 **Iron Resurrection**
- 3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

- 6.55 AM **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
- 8.35 **On Swift Horses** As 4.10pm.
- 10.45 **Superman** As 8.00pm.
- 1.10 PM **One Battle After Another** As 10.20pm.
- 4.10 **On Swift Horses** Romance starring Daisy Edgar-Jones, Jacob Elordi and Will Poulter. (2024, 15, 119min) ★★★
- 6.20 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★

8.00 Superman

8.00 Superman Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton attempts to protect Earth from evil genius Lex Luthor. With Rachel Brosnahan and Nicholas Hoult. (2025, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 One Battle After Another Action thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. With Sean Penn. (2025, 15, 161 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 1.15 AM **Coyotes** Comedy thriller. (2025, 15, 105min) ★★★
- 3.00 **Adulthood** Comedy drama. (2025, 15, 97min) ★★★
- 4.50 **to 6.25** AM **Man Finds Tape** Horror. (2025, 15) ★★★★

Sky Cinema Fun

303 303 403 503 517

- 6.55 AM **Finding Your Feet** (2017)
- 8.55 **Ride On** As shown at 5.15am.
- 11.05 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
- 12.45 PM **Men in Black II** Sci-fi action comedy sequel. (2002, PG, 88min) ★★★
- 2.15 **Men in Black 3** Sci-fi comedy sequel. (2012, PG) ★★★★
- 4.15 **We're the Millers** Comedy. (2013, 15, 110min) ★★★★
- 6.15 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★

6.15 Mean Girls

8.00 The 40-Year-Old Virgin Comedy starring Steve Carell and Catherine Keener. The workers in an electrical shop set out to coach their inexperienced 40-year-old colleague in the art of seduction. With Paul Rudd and Jane Lynch. (2005, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Role Models Comedy starring Paul Rudd and Seann William Scott. Two irresponsible salesmen are assigned to mentor a couple of troubled kids when they are sentenced to community service. (2008, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 11.45 **Adult Life Skills** Comedy. (2016, 15, 114min) ★★★
- 1.25 AM **We're the Millers** (2013)
- 3.20 **Finding Your Feet** Comedy. (2017, 12, 109min) ★★
- 5.15 **to 7.25** AM **Ride On** Action drama starring Jackie Chan. (2023, PG, 126min) ★★★

Sky Cinema Drama

310 310 410 510 524

- 6.10 AM **An Officer and a Gentleman**
- 8.15 **The Good Half** As 6.15pm.
- 10.05 **A Mistake** Medical drama. (2024, 15, 101 min) ★★★
- 11.50 **The Blind Side** As 4.00am.
- 2.05 PM **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
- 4.20 **About a Boy** Comedy drama. (2002, 12, 101 min) ★★★★
- 6.15 **The Good Half** Comedy drama. (2023, 15, 96min) ★★★

8.00 Darkest Hour Biopic starring Gary Oldman and Kristin Scott Thomas. British prime minister Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. (2017, PG, 122min) ★★★

10.05 Lost in Translation Bittersweet romantic comedy drama with Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★

11.50 An Officer and a Gentleman Romantic drama with Richard Gere. (1981, 15, 125min) ★★★★

- 1.55 AM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
- 4.00 **to 6.10** AM **The Blind Side** Fact-based drama with Sandra Bullock. (2009, 12, 129min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

- 6.40 AM **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
- 8.55 **Ma** Horror with Octavia Spencer. (2019, 15, 99min) ★★★
- 10.40 **Companion** As 6.10pm.
- 12.25 PM **After Earth** Adventure. (2013, 12, 98min) ★★
- 2.10 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
- 3.55 **It** Horror starring Bill Skarsgård. (2017, 15, 135min) ★★★★

6.10 Companion Sci-fi horror. (2024, 15, 97min) ★★★★

8.00 Constantine Supernatural horror thriller based on the *Hellblazer* comic books, starring Keanu Reeves and Rachel Weisz. (2005, 15, 121min) ★★★

10.10 Mars Attacks! Tim Burton's sci-fi spoof starring Jack Nicholson, Glenn Close and Annette Bening. Bug-eyed Martians in a fleet of flying saucers launch a full-scale invasion of Earth. (1996, 12, 106min) ★★★★

- 12.00 M'T **Timestalker** Fantasy. (2024, 15, 89min) ★★★★
- 1.40 AM **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
- 3.20 **It Feeds** Horror thriller. (2025, 15, 102min) ★★★
- 5.10 **to 7.15** AM **Us** Horror thriller. (2019, 15, 116min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.30 AM **The Wild Robot** Animation. (2024, U, 102min) ★★★★
8.20 **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★
10.30 **The Hobbit: The Battle of...**
12.55 PM **Cats & Dogs** Comedy. (2001, PG, 87min) ★★★
2.35 **Penguins of Madagascar** Animation. (2014, U) ★★★★
4.10 **DC League of Super-Pets** Animation. (2022, PG) ★★★
6.00 **Despicable Me 4** Animation. (2024, U, 94min) ★★★

6.00 Despicable 4

7.40 **The Hobbit: The Desolation of Smaug** Peter Jackson's fantasy adventure, the second part of his adaptation of JRR Tolkien's novel, starring Martin Freeman. Hobbit Bilbo Baggins and the company of dwarves continue their quest to reclaim the dwarves' lost kingdom. (2013, 12, 161min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **The Hobbit: The Battle of the Five Armies** Conclusion of the epic fantasy adventure trilogy. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
2.15 **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
3.55 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
5.40 **to 7.15** AM **Spy Kids 3: Game Over** Sci-fi comedy sequel. (2003, U, 84min) ★★★

Sky Cinema Action

306 306 407 507 521

6.45 AM **The Fast and the Furious** Action thriller with Vin Diesel. (2001, 15, 107min) ★★★
8.35 **Twister** Disaster drama. (1996, PG, 114min) ★★★
10.30 **The Patriot** Epic drama. (2000, 15, 167min) ★★★
1.15 PM **Rampage** Fantasy. (2018, 12, 107min) ★★★
3.05 **Bad Boys II** Comedy thriller. (2003, 15, 147min) ★★★
5.40 **Fast & Furious 7** Thriller. (2015, 12, 132min) ★★★★

5.40 Fast & Furious 7

8.00 **Fast & Furious 8** Action adventure sequel starring Vin Diesel and Charlize Theron. Street racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. With Dwayne Johnson and Kurt Russell. (2017, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Legend of Tarzan** Action adventure starring Alexander Skarsgård and Margot Robbie. Years after leaving his old home behind, Tarzan is lured back to Africa. (2016, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★
2.20 **The Dark Tower** Fantasy adventure starring Idris Elba. (2017, 12, 95min) ★★
4.05 **to 6.00** AM **Fast & Furious** Action thriller sequel. (2009, 12, 107min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **Hope Springs** (2012) ★★★
9.10 **Blazing Saddles** Western spoof. (1974, 12) ★★★★
10.50 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
12.35 PM **The Holiday** Comedy. (2006, 12, 135min) ★★★
3.00 **One More Shot** Comedy. (2025, 12, 133min) ★★★
4.50 **The Man with Two Brains** Comedy. (1983, 15) ★★★★
6.30 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★

9.35 Bad Grandpa

8.00 **Sausage Party** Animated comedy with the voice of Seth Rogen. When he hears life after the supermarket is not much fun for groceries, Frank the sausage investigates. (2016, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Jackass Presents: Bad Grandpa** Comedy starring Johnny Knoxville and Jackson Nicoll. A wayward 86-year-old man and his grandson embark on a chaotic cross-country trip. (2013, 15, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
12.50 AM **Jackass 3** Comedy sequel. (2010, 15, 93min) ★★
2.30 **Jackass Presents: Bad Grandpa .5** Comedy. (2014, 15, 82min) ★★
4.00 **to 6.05** AM **Talladega Nights: The Ballad of Ricky Bobby** Action comedy. (2006, 15, 108min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.15 AM **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
7.55 **Marlowe** Crime thriller. (2022, 15, 110min) ★★
9.55 **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
12.10 PM **Neighborhood Watch**
1.55 **The Hunt for Red October** Thriller. (1990, PG) ★★★★
4.25 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
6.15 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★

10.00 American Gangster

8.00 **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Matt Damon and Andy Garcia. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **American Gangster** Ridley Scott's epic crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (2007, 18, 157min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Shaft** Crime thriller. (2000, 18, 99min) ★★★
2.25 **Neighborhood Watch** Thriller. (2025, 15, 92min) ★★★★
4.05 **to 6.00** AM **Every Breath You Take** Psychological thriller. (2021, 15, 105min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Sword of Sherwood Forest** Robin Hood adventure. (1961, U, 80min) ★★★
12.40 PM **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
2.45 **The Incredible Shrinking Man** Thriller. (1957, b/w, PG) ★★★★
4.25 **Journey to the Centre of the Earth** Fantasy. (1959, U) ★★★
7.05 **Dog** Comedy co-directed by and starring Channing Tatum. (2022, 12, 101min) ★★★

7.05 Dog

Dog (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **65** Sci-fi adventure starring Adam Driver and Ariana Greenblatt. When an astronaut crashes on a mysterious planet, he fights for survival amidst the deadly wildlife. (2023, 12, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.50 PREMIERE **Horizon Line** Adventure thriller starring Allison Williams and Alexander Dreymon. (2020, 15, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

12.35 AM **My Heart Can't Beat Unless You Tell It To** Horror thriller starring Patrick Fugit. (2020, 15, 90min) ★★★★
2.20 **to 4.00** AM **Significant Other** Thriller starring Maika Monroe. (2022, 15, 84min) ★★★

+1 hour 314 430 47 301 257

Sky Cinema Adventure

302 302 402 502 516

6.25 AM **Venom: The Last Dance** Fantasy adventure starring Tom Hardy. (2024, 15, 110min) ★★★
8.20 **Superman** Fantasy adventure. (2025, 12, 129min) ★★★★
10.35 **Bumblebee** As 3.30am.
12.30 PM **Transformers** Adventure. (2007, 12, 144min) ★★★★
2.55 **Transformers: Revenge of the Fallen** Sci-fi action adventure. (2009, 12, 149min) ★★★

5.25 **Transformers: Dark of the Moon** Sci-fi action adventure sequel. (2011, 12, 154min) ★★★
8.00 **Transformers: Age of Extinction** Sci-fi sequel starring Mark Wahlberg. The shape-changing robots emerge from hiding when technology from their own world threatens the human race. (2014, 12, 166min) ★★★
10.50 **Transformers: The Last Knight** Sci-fi adventure sequel starring Mark Wahlberg and Anthony Hopkins. (2017, 12, 155min) ★★

1.30 AM **Transformers One** Animated sci-fi adventure with the voice of Chris Hemsworth. (2024, PG, 104min) ★★★★
3.30 **Bumblebee** *Transformers* prequel starring Hailee Steinfeld. (2018, PG, 114min) ★★★★
5.30 **to 8.00** AM **Transformers**

Sky Cinema Greats

307 307 404 504 518

6.30 AM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
8.10 **The Golden Child** Adventure fantasy. (1986, PG, 93min) ★★
9.45 **Billy Madison** Comedy. (1995, PG, 90min) ★★
11.30 **Shirley Valentine** Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★★★
1.25 PM **The Naked Gun** Spoof. (1988, 15, 85min) ★★★★

2.55 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81min) ★★★
4.25 **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★★
5.50 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
8.00 **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
11.40 **The Exorcist** Occult horror. (1973, 18, 121min) ★★★★★

1.45 AM **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
3.30 **Waterworld** Sci-fi action adventure with Kevin Costner. (1995, 12, 134min) ★★★
5.45 **to 8.00** AM **The Hunt for Red October** Cold War thriller. (1990, PG, 135min) ★★★★

Sky Cinema Animation

312 315 405 500 514

7.00 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
7.55 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
9.30 **Bee Movie** Animated comedy. (2007, U, 91min) ★★★
11.05 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
12.45 PM **Monster Family** Animated comedy. (2017, PG, 96min) ★★

2.25 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
4.00 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
5.35 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
7.25 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
9.00 **Cloudy with a Chance of Meatballs 2** (2013, U) ★★★
10.40 **The Sloth Lane** Animation. (2024, PG, 90min) ★★★

12.15 AM **Batman Unlimited: Animal Instincts** (2015, PG) ★★
1.40 **Pil's Adventures** (2021, U) ★★
3.15 **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
4.35 **to 6.00** AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG) ★★★★

Movies 24

315 313 419

7.00 AM **For Love & Honey** Romantic comedy. (2024, U, 84min) ★★
9.00 **The Marry Me Pact** Romantic comedy. (2023, PG, 88min) ★★
11.00 **Scented with Love** Romantic drama. (2022, PG, 83min) ★★
1.00 PM **The Blessing Bracelet** Romantic drama with Amanda Schull. (2023, PG, 90min) ★★
3.00 **Journey to You** Romantic drama. (2025, PG, 84min) ★★

5.00 **Mystery Island: Winner Takes All** Crime drama with Elizabeth Henstridge and Charlie Weber. (2025, PG, 90min) ★★
7.00 **Love on the Right Course** Comedy with Ashley Newbrough. (2024, PG, 84min) ★★
9.00 **Missing the Boat** Romantic drama starring Emilie Ullerup and Kristoffer Polaha. Two cruise ship passengers get left behind and race across Italy to get back on board at the next stop. (2026, PG, 90min) ★★

11.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
1.00 AM **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
3.00 **to 5.00** AM **Lease on Love** Comedy. (2022, PG, 86min) ★★

Movies 24+ 329 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman** (S1)
6.30 **Obsession** Suspense thriller. (1948, b/w, PG, 93min) ★★
8.25 **Shipwrecked** Adventure. (1991, U, 93min) ★★
10.15 **The Final Reel**
10.50 **Wanted for Murder** Drama. (1946, b/w, PG, 100min) ★★
12.50 PM **Edgar Wallace Mystery Theatre** 10/11. (S2)
2.00 **The Adventures of Robin Hood**

2.30 **Doctor in the House** Comedy. (1954, U, 91min) ★★★
4.20 **Look at Life**
4.30 **The Cheaters** 4/12. (S1)
5.00 **Piccadilly Incident** Melodrama. (1946, b/w, PG, 102min) ★★
7.00 **Z Cars** 5/42. (S2)
8.00 **Public Eye** 2/7. (S4)
9.00 **Cellar Club with Caroline Munro**
9.05 **Supernatural** 7/8. (S1)
10.05 **Cellar Club with Caroline Munro**
10.15 **Tales of Frankenstein**
10.50 **The Devil Bat** Horror thriller. (1941, b/w, PG, 70min) ★★★

12.10 **Cellar Club with Caroline...**
12.15 AM **Hammer House of Mystery and Suspense** (S1)
1.45 **Lost for Words** One-off drama.
3.20 **The Long Haul** (1957, PG) ★★★
5.05 **A Lifetime Ago with The Baim Collection**
5.30 **to 6.00** AM **Out of Town**

Friday

Sky Sports Main Event

401 401 501 419 439

7.00 AM **The F1 Show**
8.00 LIVE **DP World Tour Golf** Coverage of the second day of the Hero Indian Open at DLF Golf and Country Club in New Delhi.
12.30 PM LIVE **PGA Tour Golf** Coverage of day two of the Texas Children's Houston Open from Memorial Park Golf Course.
7.30 LIVE **Super League Hull Kingston Rovers v St Helens.** Coverage of the top-flight match at Sewell Group Craven Park. Kick-off **8.00pm**.
10.15 LIVE **PGA Tour Golf** Further coverage of the second day of the Texas Children's Houston Open.
11.00 LIVE **WTA & ATP Tennis** Coverage of day 11 of the Miami Open at Hard Rock Stadium, featuring the men's semi-finals.
1.00 AM **Sky Sports News**
2.00 **F1 Feature**
2.15 LIVE **Formula 1** The Japanese Grand Prix third practice session.
3.45 **F1 Feature**
4.00 **Sky Sports News**
5.00 **to 8.00** AM LIVE **Formula 1** The Japanese Grand Prix qualifying session. Start-time **6.00am**.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Sky Sports FC**
12.00 NOON **Total Football**
5.00 PM **Premier League Friday**
7.00 **Transfer 360** Delving into the transfers of Alan Shearer. **7.30** How Celtic's John Hartson ended up moving to Scotland. **8.00** Transfers involving Michael Carrick and Dimitar Berbatov. **8.30** Focusing on former Premier League star Patrick Vieira. **9.00** Focusing on former Premier League star Gareth Barry. **9.30** The inside story of John Obi Mikel's transfer to Chelsea.
10.00 **Premier League Stories** Willian reflects on an incredible journey in the Premier League.
10.30 **The Big Interview**
11.00 **Premier League Years** Moments from the 2016/17 season.
1.00 AM **PL Retro** A replay of Liverpool v Chelsea in 2013.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** The 2021 final.
11.00 **Best Goals: EFL Cup 2020/21**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **EFL League One Goals**
1.30 **EFL League Two Goals**
2.00 **SPFL Highlights**
2.30 **EFL Highlights** Championship.
4.00 **Bundesliga Weekly**
4.30 **EFL League One Goals**
5.00 **EFL League Two Goals**
5.30 **EFL Highlights**
6.30 **SPFL Highlights**
6.45 **SPFL Round-Up**
7.00 **EFL Highlights** Derby County v Birmingham City from Pride Park. **7.15** Swansea City v Coventry City.
7.30 **EFL Cup Highlights**
8.30 **Best Goals: EFL Cup 25/26**
9.00 **Bundesliga Weekly**
9.30 **EFL League One Goals**
10.00 **EFL League Two Goals**
10.30 **SPFL Round-Up**
10.45 **SPFL Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **EFL** The 2013/14 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **IPL** Action from 2025.
8.00 **IPL** Chennai Super Kings v Royal Challengers Bengaluru in 2025 at M. A. Chidambaram Stadium.
12.30 PM **Best of ICC WT20**
1.00 **IPL** Royal Challengers Bengaluru v Punjab Kings in 2025 staged at Narendra Modi Stadium.
5.30 **Best of ICC WT20** Highlights from memorable matches in past tournaments.
6.00 **IPL** Mumbai Indians v Royal Challengers Bengaluru in 2025 staged at Wankhede Stadium.
10.30 **Best of ICC WT20** Highlights from memorable matches in past tournaments.
11.00 **IPL** Action from Royal Challengers Bengaluru v Punjab Kings in the 2025 final staged at Narendra Modi Stadium in Ahmedabad. **12.00** M'T Royal Challengers Bengaluru v Rajasthan Royals in 2025 at Sawai Mansingh Stadium. **1.00** AM Royal Challengers Bengaluru v Punjab Kings in the 2025 final from Ahmedabad. **2.00** Kolkata Knight Riders v Chennai Super Kings in 2025 from Eden Gardens, Kolkata.
3.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

406 406 506 423 443

6.00 AM **HotelPlanner Tour Golf**
6.30 **PGA Tour Champions Learning Centre** Golf tips and advice.
7.00 **Scotland's Greatest Holes**
7.30 LIVE **DP World Tour Golf** Coverage of the second day of the Hero Indian Open from DLF Golf and Country Club in New Delhi.
12.30 PM LIVE **PGA Tour Golf** Coverage of day two of the Texas Children's Houston Open at Memorial Park Golf Course.
11.00 LIVE **LPGA Tour Golf** Coverage of the second day of the Ford Championship at Whirlwind Golf Club in Phoenix, Arizona.
1.00 AM **Best of the Shot Centre**
1.30 **The Improvers** Expert tips.
2.00 **PGA Tour Golf** Houston Open.
3.00 **Playing Lessons**
4.00 **Golf Academy**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **WTA & ATP Tennis** Action from day 10 of the Miami Open.
5.00 LIVE **WTA & ATP Tennis** Coverage of the 11th day of the Miami Open staged at Hard Rock Stadium in Miami Gardens, Florida, featuring the doubles semi-finals. The British pairing of Julian Cash and Lloyd Glasspool secured their place in the final at this stage last year, beating Harri Heliövaara and Henry Patten, the latter of whom is also British.
1.00 AM **WTA & ATP Tennis**
3.30 **ATP Tour This Week**
4.00 **ATP/WTA Tour Classic Matches**
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Serie A – Full Impact**
6.30 **Premier League Netbusters**
7.00 **AFL** Recent highlights.
8.30 LIVE **AFL Collingwood Magpies v GWS Giants.** Start-time **8.40am**.
11.30 **UEFA Champions League Goals**
11.45 **UEFA Europa League Goals**
12.00 NOON **Cycling** Highlights.
1.15 PM LIVE **Cycling** The men's fifth stage of the Tour of Catalunya.
3.15 LIVE **Cycling** The E3 Saxo Classic.
4.45 **Uphill Climb** Tour de France.
5.30 **AFL** Recent highlights.
7.00 LIVE **The Gallagher PREM Newcastle Red Bulls v Exeter Chiefs.** Coverage from Kingston Park Stadium. Kick-off **7.45pm**.
10.00 **UEFA Champions League**
10.30 **The Breakdown** Liverpool.
11.00 **Miracle of Istanbul**
12.00 M'T **AFL** Recent highlights.
1.30 AM LIVE **AFL St Kilda Saints v Brisbane Lions.** Bounce-up **1.35am**.
4.30 **MotoGP** Grand Prix of Americas.
5.00 **TNT Sports Reload**
5.15 **to 8.00** AM LIVE **AFL Fremantle Dockers v Richmond Tigers.** Bounce-up **5.15am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Champions League**
6.30 **Discovery Golf**
7.00 **TNT Sports Reload**
7.30 **Isuzu UTE A-League Highlights**
8.00 LIVE **A-League Women Brisbane Roar v Perth Glory.** Coverage of the match from Spencer Park. Kick-off **8.00am**.
10.00 **NWSL** Recent action.
11.00 **International T20 Cricket**
1.00 PM **MLB Highlights**
2.00 LIVE **MotoGP** The Grand Prix of the Americas MotoGP, Moto2 and Moto3 first free practice sessions.
4.45 **MotoGP** GP of the Americas.
6.15 LIVE **MotoGP** The Grand Prix of the Americas MotoGP, Moto2 and Moto3 practice sessions.
9.15 **MotoGP** Highlights and features.
10.00 **Men's Cycling** Highlights.
12.00 M'T **MotoGP** Analysis.
12.30 AM **The Breakdown**
1.00 **The Gallagher PREM**
2.00 **Discovery Golf**
2.30 **UEFA Champions League**
3.00 **Serie A – Full Impact**
3.30 **TNT Sports Reload**
3.45 LIVE **A-League Women Adelaide United v Newcastle Jets.** Kick-off **3.45am**.
5.45 **to 6.00** AM **Reframe the Game**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League Highlights**
7.00 **NFL Highlights**
8.00 **Super League Highlights**
9.00 LIVE **NRL Brisbane Broncos v Dolphins.** Coverage of the match in the fourth round of fixtures at Suncorp Stadium. Kick-off **9.00am**.
11.00 **Super League Highlights**
12.00 NOON **Good Morning Football**
2.00 PM **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.30 **NBC's Pro-Football Talk**
7.30 LIVE **Super League Hull Kingston Rovers v St Helens.** Coverage of the match from Sewell Group Craven Park. The teams last met in the play-off semi-finals, when Rovers claimed a 20-12 victory here before going on to secure the treble with a Grand Final victory over Wigan Warriors. Kick-off is at **8.00pm**.
10.15 **NBA on Fire** The latest news.
10.45 **NFL Bitesize Highlights**
11.00 **The Insiders** NFL news.
12.00 M'T **NFL Highlights**
1.00 AM **Super League**
3.45 **NFL Bitesize Highlights**
5.00 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM LIVE **Super Rugby Moana Pasifika v Highlanders.** Coverage of the match in the seventh round of fixtures held at Go Media Stadium in Auckland, New Zealand. Kick-off **6.05am**.
8.00 **Sky Sports Breakfast**
8.30 LIVE **Super Rugby Brumbies v Waratahs.** Coverage from GIO Stadium in Canberra, Australia. Kick-off **8.35am**.
10.30 **Sky Sports FC**
12.00 NOON **Total Football**
5.00 PM LIVE **WTA & ATP Tennis** Coverage of day 11 of the Miami Open held at Hard Rock Stadium in Florida, featuring the men's semi-finals. Unseeded Czech player Jakub Menšík continued his fine form at last year's event by booking his place in the showpiece match with a memorable 7-4 4-6 7-6 win over American number three seed, Taylor Fritz.
1.00 AM **EFL Greatest Games**
3.30 LIVE **Super Rugby Hurricanes v Reds.** The match from the seventh round of fixtures at Hnry Stadium in Wellington, New Zealand. Kick-off **3.35am**.
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Premier League Darts**
11.00 **Legends of Darts**
11.15 **Super League** A match replay.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup**
4.30 **Super League** A chance to see Castleford Tigers v Bradford Bulls.
7.15 **My Icon** Sporting influences.
7.30 **PL Greatest Games**
8.00 **TGL** The Finals Series.
10.00 **WTA Tennis** Indian Wells Open.
11.00 **Men's T20 World Cup**
12.00 M'T **One Championship Weekly**
12.30 AM **PL Greatest Games**
1.00 **PGA Tour Golf** Highlights.
2.00 **PGA Tour Champions**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **Men's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Highlights**
9.00 **Discovery Golf**
9.30 **TNT Sports Reload**
10.00 **Superbike Rewind**
10.15 LIVE **World Superbikes** Coverage from Portugal.
11.15 **World Superbike Rewind**
11.30 **WRC: More Than Machine**
12.15 PM **Kenny Allstar's Number 1's**
12.30 **Superbike World Championship**
1.30 LIVE **Women's Circuit Racing** Coverage from Portugal.
2.00 LIVE **World Superbikes** Further coverage from Portugal.
2.45 **World Superbike Rewind**
3.00 LIVE **World Superbikes** Concluding coverage from Portugal.
4.45 **Gallagher PREM – Wrap Up**
5.00 **Football** Highlights and features.
7.30 **MLB Highlights**
8.30 LIVE **MLB San Francisco Giants v New York Yankees.** Start-time **8.35pm**.
11.30 **Ski Jumping World Cup**
12.00 M'T **to 6.00** AM **Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Fishing: On the Bank**
7.00 **T100 Triathlon World Tour**
8.00 **ABB FIA Formula E World Championship Highlights**
9.00 **LIV Golf** From South Africa.
10.00 **Ultimate Pool** Pairs Cup.
11.30 **Serie A – Full Impact**
12.00 NOON **UEFA Champions League – Classics**
1.00 PM **Sign Up – Into Football**
1.45 LIVE **Ski Jumping World Cup** Coverage from day one of the men's HS240 in Planica, Slovenia.
4.00 **MLB Highlights**
5.00 **International T20 Cricket Highlights** All five games in the five-match series between New Zealand and South Africa.
10.00 **Ski Jumping World Cup** The men's HS240 in Planica, Slovenia.
10.30 **Fencing Grand Prix** Action from the FIE Grand Prix in Lima, Peru.
11.30 **Ultimate Pool** Pairs Cup.
1.00 AM **to 6.00** AM **Women's T20 International Cricket**

Premier Sports 1

419 551

6.00 AM **Downhill Skateboarding**
7.00 **Eredivisie Highlights**
8.00 **Sporting Greats**
8.30 **F1H2O World Championships**
9.00 **URC in 60** Highlights.
10.00 **NHL Ice Hockey**
12.00 NOON **NASCAR Highlights**
1.00 PM **Eredivisie Highlights**
2.00 **NHL on the Fly**
3.00 **Football** Highlights and features.
4.30 **Rugby Union** Highlights.
7.00 LIVE **United Rugby Championship Leinster v Scarlets.** From RDS Arena. Kick-off **7.45pm**.
10.00 **URC SEND IT**
10.40 **LaLiga Match Highlights**
11.00 LIVE **NHL Ice Hockey Buffalo Sabres v Detroit Red Wings.** Coverage of the Eastern Conference match from KeyBank Centre. Face-off **11.00pm**.
2.00 AM **Sporting Greats**
3.00 **to 6.00** AM **United Rugby Championship**

Premier Sports 2

420 552

6.00 AM **Motorsport** Drew Gibson.
7.00 **Top 14 Rugby Union**
9.00 **GP Insights** Motorsport news.
9.30 **NHL Specials** Florida Panthers.
10.30 **NHL Ice Hockey**
12.30 PM **United Rugby Championship**
4.30 LIVE **United Rugby Championship Sharks v Cardiff.** Coverage of the match from Hollywoodbets Kings Park Stadium. Kick-off **5.00pm**.
7.15 LIVE **United Rugby Championship Glasgow Warriors v Benetton.** Coverage from Scotstoun Stadium. Kick-off **7.45pm**.
10.00 **Temples of Sport**
10.30 **NHL: This is Hockey**
11.00 LIVE **NHL Ice Hockey New York Rangers v Chicago Blackhawks.** From Madison Square Garden. Face-off **11.00pm**.
2.00 AM **Temples of Sport**
3.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

407 407 507 424 444

7.00 AM **Formula 1** From Japan.
11.30 **Ferrari Challenge UK Highlights**
12.00 NOON **Formula 1** Japanese GP.
2.30 PM **The F1 Show** Race preview.
3.30 **Ferrari Challenge UK Highlights**
4.00 **Formula 1** Japanese Grand Prix.
6.30 **The F1 Show** Race preview.
7.30 LIVE **Indycar** Coverage of the Children's of Alabama Indy Grand Prix first practice session.
9.00 **The F1 Show** Japanese GP.
10.00 **Ferrari Challenge UK Highlights**
10.30 **The F1 Show** Race preview.
11.30 **F1 Academy: Weekend Wrapped** Chinese Grand Prix.
12.00 M'T **Formula 1** Japanese GP.
1.15 AM **The F1 Show**
2.15 LIVE **Formula 1** The Japanese Grand Prix third practice session.
3.45 **Ferrari Challenge UK Highlights**
4.15 **Toleman Story**
5.00 **to 8.00** AM LIVE **Formula 1** The Japanese Grand Prix qualifying session. Start-time **6.00am**.

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

BBC iPLAYER Andy's Dino Island

Weekdays, 5.05pm, CBeebies & BBC iPlayer

Hold on to your binoculars! Andy and Jen are back for new prehistoric adventures, travelling back in time 68 million years to the Late Cretaceous period to teach more dinosaur facts.

Buckle in for adventures with the mighty Tyrannosaurus Rex, as well as old favourites the three-horned Triceratops, the gigantic Alamosaurus and the club-tailed Ankylosaurus.

Perfect for dinosaur fans old and new, Andy and Jen make learning fun, serving up lots of brilliant facts and trivia in each exciting episode.

NEW

BBC iPLAYER Deadly 60

Friday, 6pm, CBBC & BBC iPlayer

Adventurer Steve Backshall is back on our screens for another series of the show in which he travels the world, from the wilds of Patagonia in South America to the deadly deserts of Oman, to get up close and personal to dangerous creatures, so we don't have to!

Series highlights to look forward to include a search for the elusive puma, and Steve abseiling down to an eagle's nest. There will also be a special coral reef episode in time for Earth Day on 22 April.

More great shows to watch this week...

Hannah Montana: 20th Anniversary Special

NEW

Available from Tuesday, Disney+

A celebration of the teenage musical drama that launched Miley Cyrus to fame, filmed in front of a live audience.

Magicampers

NEW

Available from Tuesday, Disney+

In this new preschool animated series, best friends Darly (half pig, half Pegasus – pigasus?) and Loomis (half donkey, half unicorn – donkey-corn?) have adventures at a day camp for magical creatures.

Crookhaven

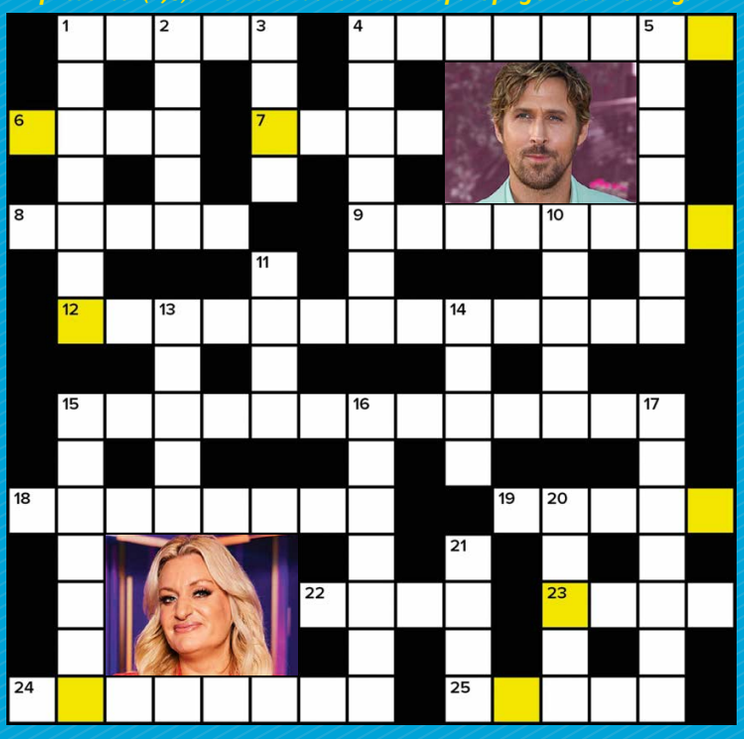
NEW

Sunday, 3.05pm, BBC1; 5.25pm, CBBC & iPlayer

Based on the popular books by JJ Arcanjo, this heist drama follows a group of young pickpockets at a secret school for criminals. *See feature, page 8*

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a food writer and TV presenter (4,5). Answers at the bottom of the page – no cheating!



ACROSS

1 Orlando -----, actor who starred in the *Lord of the Rings* films (5)
4 See picture clue: *Rain Dogs* and *This Country* star, ----- --- Cooper (5,3)
6 *Great British* ----, reality cooking show presented by Andi Oliver (4)
7 2003 horror film starring Naomi Watts, *The* ---- (4)
8 John -----, starred as Mr Humphries in sitcom *Are You Being Served?* (5)
9 2002 Christopher Nolan thriller with Al Pacino and Robin Williams (8)
12 Sir Mick Jagger and Keith Richards' rock band (7,6)
15 C4 show, *George Clarke's* ------- ------ (7,6)
18 Star of 1993's *Sleepless in Seattle* and 1999's *You've Got Mail* (3,5)
19 Chiwetel Ejiofor movie from 2013, *12 Years a* ----- (5)
22 ---- Turner, stage name of singer Anna Mae Bullock (4)
23 Starred in 2003's *Love Actually* and 2022's *Living*, ---- Nighy (4)
24 *EastEnders* character played by Scott Maslen, Jack -------- (8)
25 Star of 2007's *Hairspray* and 2006's *She's the Man*, Amanda ----- (5)

DOWN

1 Scottish TV impressionist and comedian, Rory ------- (7)
2 Ore -----, TV presenter and winner of *Strictly Come Dancing* 2016 (5)
3 Singer of 2014 hit *Uptown Funk*, Bruno ---- (4)
4 *Dirty* -------, film from 1987 starring Patrick Swayze, Jennifer Grey and Kelly Bishop (7)
5 *Family* -------, British soap opera that aired from 1997 until 2005 (7)
10 Welsh rock group whose hits include 2000's *The Masses Against the Classes*, ----- Street Preachers (5)
11 ---- Keene, actor who's starred in *EastEnders* and *Sex Education* (4)
13 Ken -----, director of 1970's *Kes* and *2016's I, Daniel Blake* (5)
14 Legendary Motown group, Four ---- (4)
15 Phil Collins hit from 1989, ------- *Day in Paradise* (7)
16 See picture clue: star of 2016 film *La La Land*, Ryan ------- (7)
17 *Kojak* star, Telly ------- (7)
20 Lead singer with Duran Duran, Simon -- --- (2,3)
21 Actor and TV presenter, Larry ---- (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: SHUTTERSTOCK, BBC.

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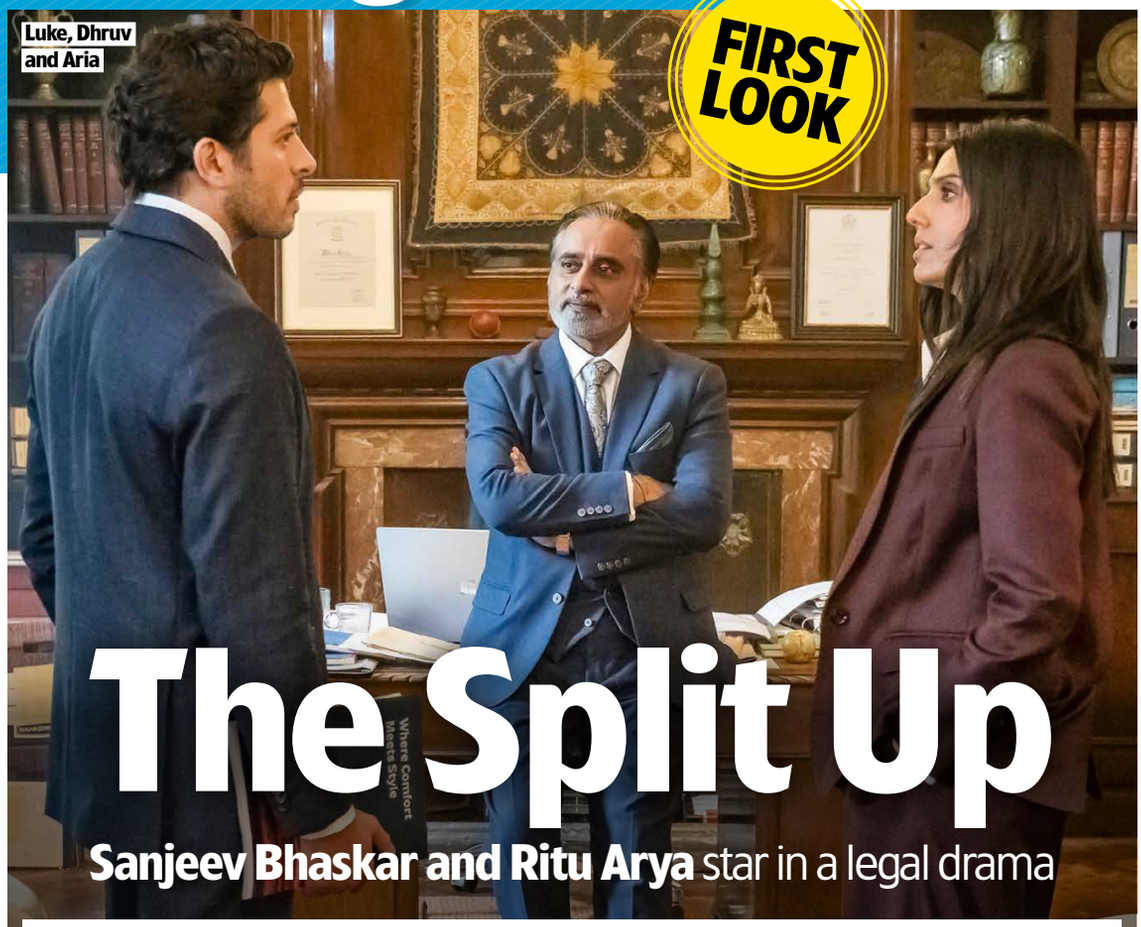
CROSSWORD SOLUTION

ANSWER: Mary Berry **ACROSS:** 1 Bloom 4 Daisy May 6 Menu 7 Ring 8 Inman 9 Insomnia, 12 Rolling Stones, 15 Amazing Spaces 18 Tom Hanks 19 Slave 22 Tina 23 Bill 24 Branning 25 Byrnes **DOWN:** 1 Brenner 2 Oduba 3 Mars 4 Dancing 5 Affairs 10 Manic 11 Mini 13 Loach 14 Tops, 15 Another, 16 Gosling, 17 Savalas 20 Le Bon 21 Lamb

Coming soon



Luke, Dhruv and Aria

The Split Up

Sanjeev Bhaskar and Ritu Arya star in a legal drama

A British/South-Asian family of divorce lawyers try to juggle their lucrative cases and their own personal problems in BBC1's forthcoming drama *The Split Up*.

Inspired by Abi Morgan's hit series *The Split*, the six-parter, airing later this year, is created by Ursula Rani Sarma and follows the fortunes of Manchester-based Kishan Law, which is run by Dhruv Kishan (Sanjeev Bhaskar) and has a wealthy clientele. Dhruv was set to hand over the reins to his daughter Aria (Ritu Arya), but now, after her mother's death, he is having second thoughts about whether she can cope alone.

OLD FLAMES

Meanwhile, a shadow is cast over Aria's imminent wedding to partner Neal (Danny Ashok) when her secret one-time love Luke (Dimitri Leonidas) turns up.

Aysha Kala and Arian Nik play Aria's siblings Maya and Kav, while Mawaan Rizwan, Sindhu Vee, Shalini Peiris, Tom Forbes, Sir Lenny Henry, Jameela Jamil and Jane Horrocks also appear.

'I watched *The Split* with admiration over the years and I was honoured to be asked to create *The Split Up*, which introduces a whole new family and city, while still holding on to the warmth, humour and heartbreak of Abi Morgan's original series,' says Sarma.

'To be able to place a contemporary British-Asian family at the heart of a prime-time drama is a dream come true.'

Sisters Maya and Aria

WHAT'S NEXT FOR...

Ed Gamble

The comedian will host TLC's six-part panel show **Unacceptable**, in which comics try to win over the studio audience to an outlandish point of view. Richard Ayoade and Joanne McNally are the team captains.

Anthony Boyle

In C4's four-part drama **Close to Home**, based on Michael Magee's novel, the actor plays Sean, who returns to Belfast after university, but his life implodes when he assaults a stranger at a party.

Coming Back

Whodunnit **I, Jack Wright**, which aired on U&Alibi and explored the fallout from the death of a family patriarch, will return for a second series, this time on BBC1, as widow Sally (Nikki Amuka-Bird) deals with more troublesome wills and bodies.

Sky One's fly-on-the-wall series **The Dyers' Caravan Park**, shadowing Danny Dyer and daughter Dani as they attempt to revitalise a Kent holiday site, will be back for a second run.

Next week On sale Tuesday 24 March

Grace

A sixth run of ITV1's crime drama finds Roy Grace (John Simm) tackling grisly new cases.

Pilgrimage: The Road to Holy Island

The return of BBC2's spiritual travelogue journeys to Lindisfarne.

Babies

BBC1's drama follows a couple (Paapa Essiedu and Siobhán Cullen) facing pregnancy loss.

The Teacher

Victoria Hamilton stars in the return of 5's anthology drama series as a Head of Drama.

TV&Satellite week

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